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Men's Health

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Your December Cheat Sheet

Hit the sand running with our guide to the coolest things to do under the sun

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GET YOUR SHIRT OFF!

You can craft a summer body while sipping on beers, tanning chops and enjoying everything that summer brings with it. Follow our tips to get boardshorts-ready, and then reap your rewards.

MH COVER GUY

MH Cover Guy Top 20

mh.co.za/fitness/the-cover-guy-top-20

There were nearly 300 entries in our Cover Guy Competition, but these 20 dudes really stood out. Find out how they got into shape and use their tips to upgrade your own rig in time for no-shirt season.



GUY FOOD

Be the Host With the Most

mh.co.za/food/cooking-for-a-crowd/

Face it: your home isn't a restaurant. And no one wants to see you cursing in the kitchen, doing your best Gordon Ramsay. Take our advice and you'll have plenty of time left to enjoy yourself.

DOWNTIME

Amp Up Your Holiday

mh.co.za/how-to/downtime/amp-up-your-summer

Forget Powerpoint, performance appraisals and pissed-off bosses. Swtich on your time off with our guide to getting summer started with a bang.

FITNESS

Best Bodies of Summer

mh.co.za/fitness/the-mens-health-bodies-of-summer

Keen to kickstart your own beach-ready transformation? Use this slider gallery as your go-to summer fitspiration.



SEX & WOMEN

Our Hottest Sex Stories

mh.co.za/sex-women/best-summer-sex

Sunshine is evocative, relaxing muscles, heightening skin awareness, causing you to slow down and relax... Keep your bedroom as hot as the temperature outside.



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mh.co.za/fitness/the-mens-health-training-app

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PHOTOGRAPHS SEAN LAURENZ, MILAN CRONJE

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A FEW GOOD MEN



OUR COVER IS OUR MOST PRIZED REAL ESTATE. WE SPEND A lot of time thinking about it, planning it and creating it. Because it's the first thing you see on shelves and it's the "face" of our brand, understandably we're pretty protective over it. It needs to reflect you, our readers, but also give you something to strive for. We often say the cover guy should be inspirational, but at the same time he should pass the "beer" test – you should be able to have a drink with him.

Whether he's a famous athlete, movie star, model or reader, above all else he should embody the qualities of the *Men's Health* role model: confidence, supreme health, approachability, and being in great shape helps, too. Because we pride ourselves on photographing the majority of these guys ourselves, we get to know them, and they become part of the *MH* family. In most cases we continue to work with them on fitness stories, fashion shoots and hopefully another cover.

I recently caught up with one of our cover stars, Bryce Thompson, who flew in from New York, where he now lives. However successful Bryce has become (with over 40 international *MH* covers), he remains one of the most humble and easy-going guys you could meet, constantly referring to the *Men's Health* team as family. We still work with Bryce, but now he's a photographer. You'll recognise a lot of the other guys from the *Men's Health* cover crew: Ryan Botha, Max Mmethi, Marcel Snyman, Lee Thompson and co.

The *MH* Cover Guy competition allows us to continue the tradition, and gives readers the opportunity to join an exclusive club. It's a big deal, but it's also about showing it's a goal within your reach. This year, more guys than ever rose to the challenge and it was tough to narrow it down to a top 10, let alone the final three. It takes courage to enter and put yourself out there, and we appreciate every entry.

Credit has to go to our Creative Director, Rob Cilliers, who drives the project and is on all our shoots to ensure we make the right call. And we never know until we see the final shoot.

For me, the most important part of all is the interaction between the mag and readers. Meeting the finalists – Pabz Nasius Junior, JP Lamont and Nicholas Dunn – down at the beach on the day, I was reminded how cool this project really is. These three guys epitomise everything we look for, and we're incredibly proud to have them on the cover of our special December Summer issue. And congrats to the ultimate winner, JP! Read the full story and cover profile on page 114. Worthy winners, all. Welcome to the *Men's Health* family – there's no getting out.

Wishing you a peaceful summer break. I look forward to seeing you next year.



Jason Brown
EDITOR
@CapeJason



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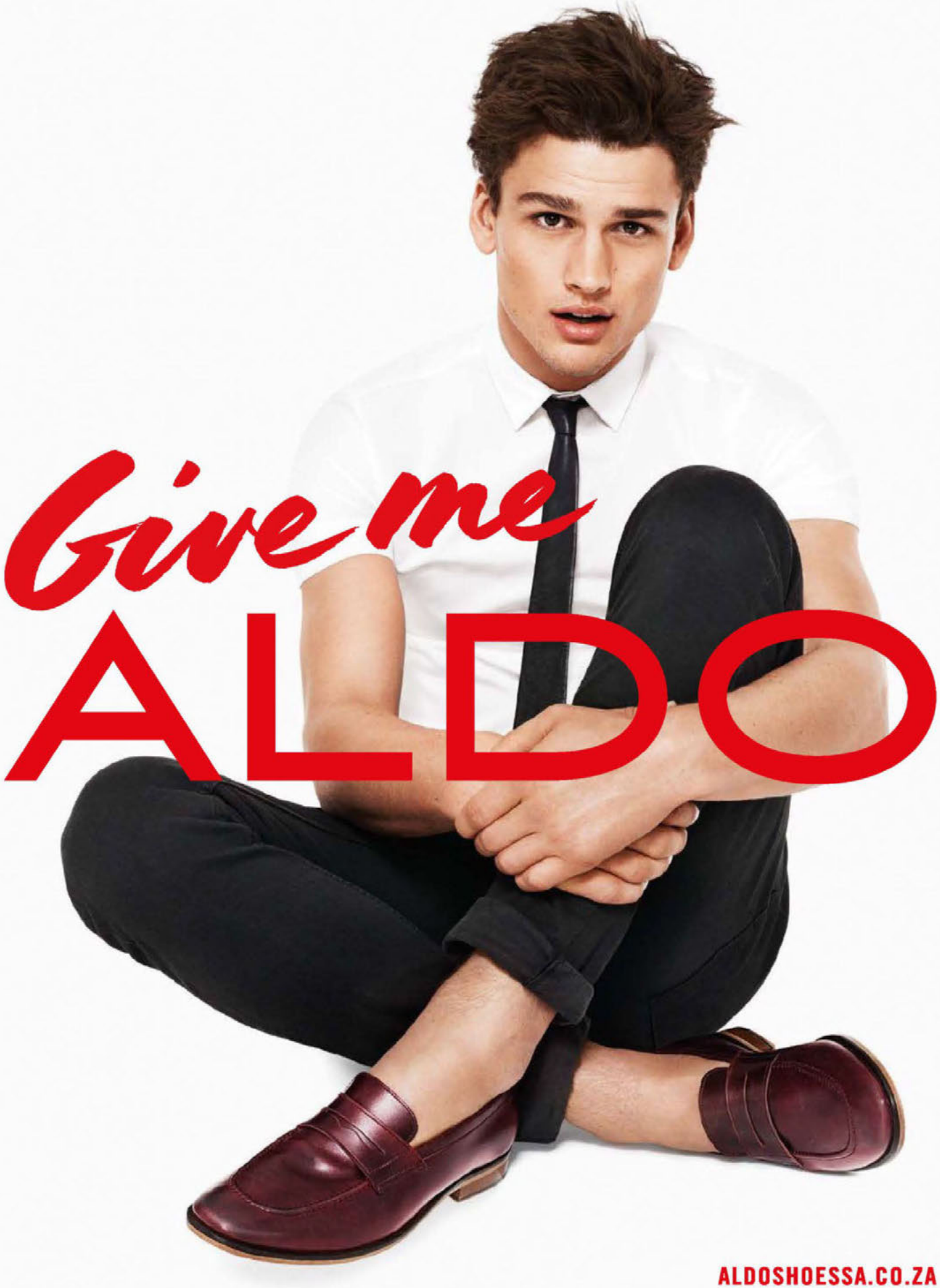
IN 6 YEARS MH READER JP LAMONT TRANSFORMED HIMSELF TO BECOME A COVER GUY

TO THIS!



PHOTOGRAPH SEAN LAURENZ (EDITOR'S PHOTOGRAPH), GARRETH BARCLAY (COVER GUY)

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I've been going to a hookah lounge. It's safer than cigarettes, right?

CASWIN, CAPE TOWN

What are you smoking, dude? Don't let the fancy rigging fool you: sucking on a hookah is just as dangerous as any other kind of smoking. Sure, the tobacco may be flavoured and the whole thing feels social and fun. But it's hardly safe, says Mary Martinasek, an assistant professor of public health at the University of Tampa. Studies estimate that in a typical session, which usually lasts at least 45 minutes, you can inhale about 40 times as much tar (and 30 times as many of some carcinogens) as from a single cigarette. Still not ready to put down the pipe? A study in *Nicotine & Tobacco Research* found that occasionally smoking a tobacco-free hookah can impair recovery of your lung cells, which can contribute to future lung diseases. Sharing a pipe can also increase your risk of the common cold and more serious diseases, such as TB, Martinasek warns.



PHOTOGRAPH ISTOCKPHOTO

Why does chocolate and peanut butter seem like such an irresistible combination?

DAVE, WELKOM

Partly because about 90% of taste is the result of smell, and in the case of peanut butter and chocolate, the complex interplay of their odours works very well. "The flavour and composition of roasted nuts are close to those of cocoa beans, but complementary," says Professor Gregory Ziegler, a Penn State University professor of food science who studies chocolate. The soft nut oils add some punch too. "If they mix with the cocoa butter, it causes everything to melt more quickly in your mouth, releasing the flavour in a burst," Ziegler says. At the same time, aromatic compounds like pyrazines are also lighting up your limbic system, a brain region that controls your memories and emotions, says Cynthia Lipka, president of the Society of Flavor Chemists. This boosts your feelings of satisfaction by tapping into deep-seated memories of moments when you indulged in the mixture, such as on Halloween night as a kid or that time you tripped and your chocolate fell into someone's peanut butter. For an even bigger hit, try the combo at a warmer temperature, just before it starts to melt.

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AM I NORMAL?

I feel anxious when I miss a workout.
THABO, JOBURG

This isn't just normal, it's commendable. "Some anxiety and disappointment over missing a workout is healthy because it encourages us to stick with our goals and to see them to fruition," says Scott Griffiths, a psychologist at the University of Sydney. But the key word here is *some* anxiety and disappointment. If skipping a sweat session makes you feel like a failure or causes physical symptoms, such as a racing heart or shortness of breath, then a bigger issue may be in play, says Griffiths. Another red flag: you bail on important events to hit the gym. These reactions could signal an anxiety disorder, says Griffiths. See a professional for cognitive behavioural therapy, which challenges disruptive thinking patterns.

● NORMAL ○ WEIRD

I keep hearing about a weight-loss supplement called garcinia cambogia. What's the deal?
TOM, STANDERTON

There's no deal. Despite some recent hype, this supplement is actually old news. About 20 years ago, some people thought that the hydroxycitric acid from the fruit of this Southeast Asian-plant could suppress appetite and inhibit fat production. But little solid research backed up that claim, and people lost interest instead of weight. Fast-forward to today, and guess what? The research is still unimpressive, says *MH* nutrition advisor Alan Aragon. Even in the very few studies that suggested the supplement was effective, the weight loss was negligible. "This stuff is just a rip-off," Aragon says. A better plan: reduce portions of the foods you already eat and like, and don't force down the foods you dislike, regardless of how "healthy" they're supposed to be. The key to losing weight is sticking to a plan, he says, and the key to that is honouring personal preference.

What's the best way to freshen the stale air in my flat?
BEN, FOURWAYS

We'll start with the worst way: using air freshener. More than 85% of the fresheners tested by the US Natural Resources Defense Council were filled with phthalates, chemicals that may sap your sperm and put a hex on your hormones. "Even the fresheners marketed as 'all natural' or 'unscented' contained hazardous chemicals," says Professor Jennifer Sass, a senior scientist with the NRDC. A better bet? Clear the air naturally with a house plant. Research shows that easy-care greenery can filter out certain smelly airborne chemicals.

Is it smart to invest in bitcoin or other digital currencies?
GARETH, EMAIL

You may as well collect those Magic Company arcade tokens. Bitcoin, created in 2009 as a way to transfer money between programmers on the sly, isn't regulated by banks, making it unsecured – which is bad news if your account ever gets hacked, says J.J. Burns, a wealth management expert in New York. Many online exchanges, such as coinbase.com, operate outside the eye of global security and exchange commissions, so a dissatisfied trader has no recourse after the deal is done. One bitcoin exchange was hacked earlier this year and some R5 billion was lost. If you really want to gamble, don't stake more than 5% of your holdings, max, Burns advises.

Is shea butter as good for my skin as I keep hearing?
DAN, MARGATE

You butter believe it. This superfatty ingredient, which is extracted from African shea tree nuts, has popped up in tons of skin products. "Shea butter has skin-hydrating and anti-inflammatory properties, so it can soothe and calm your skin," says Dr Joshua Zeichner, director of cosmetic and clinical research at Mount Sinai Hospital. Those traits come from compounds in shea, like methanolic extract and triterpene cinnamates, and make it "one of the ultimate multitaskers in skincare," Zeichner says. That means goodbye razor rash, hello smooth skin. Buy brands that list shea butter among the first five ingredients.



Why do bench presses and burpees hurt my wrists?
JACO, SUNNYSIDE

Give your wrists a rest. Both of these moves stress your scapholunate ligaments, which can be painful if you're also straining them by typing or mousing at work all day, says Bill Hartman, co-owner of Indianapolis Fitness and Sports Training. So try workarounds. For floor-based exercises, such as burpees and push-ups, hold the handles of hexagonal dumbbells to keep your wrists in a safer neutral position. For bench presses, use dumbbells and the technique below.

1



2



DIRECTIONS

Grab a pair of dumbbells and lie on your back on a flat bench, holding the dumbbells with straight arms above your chest so the weights nearly touch. Make sure your palms face forward but are turned slightly inward. Before you start, pull your shoulder blades down and together. Without changing the angle of your hands, lower the weights to the sides of your chest. Pause, then press the weights back up to the starting position as quickly as you can. Straighten your arms at the top of each rep.

PHOTOGRAPH BETH BISCHOFF



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WIN 1 of 3 Windhoek hampers – including a branded Weber kettle braai, cooler box and two cases of Windhoek Draught – valued at R5 000 each!

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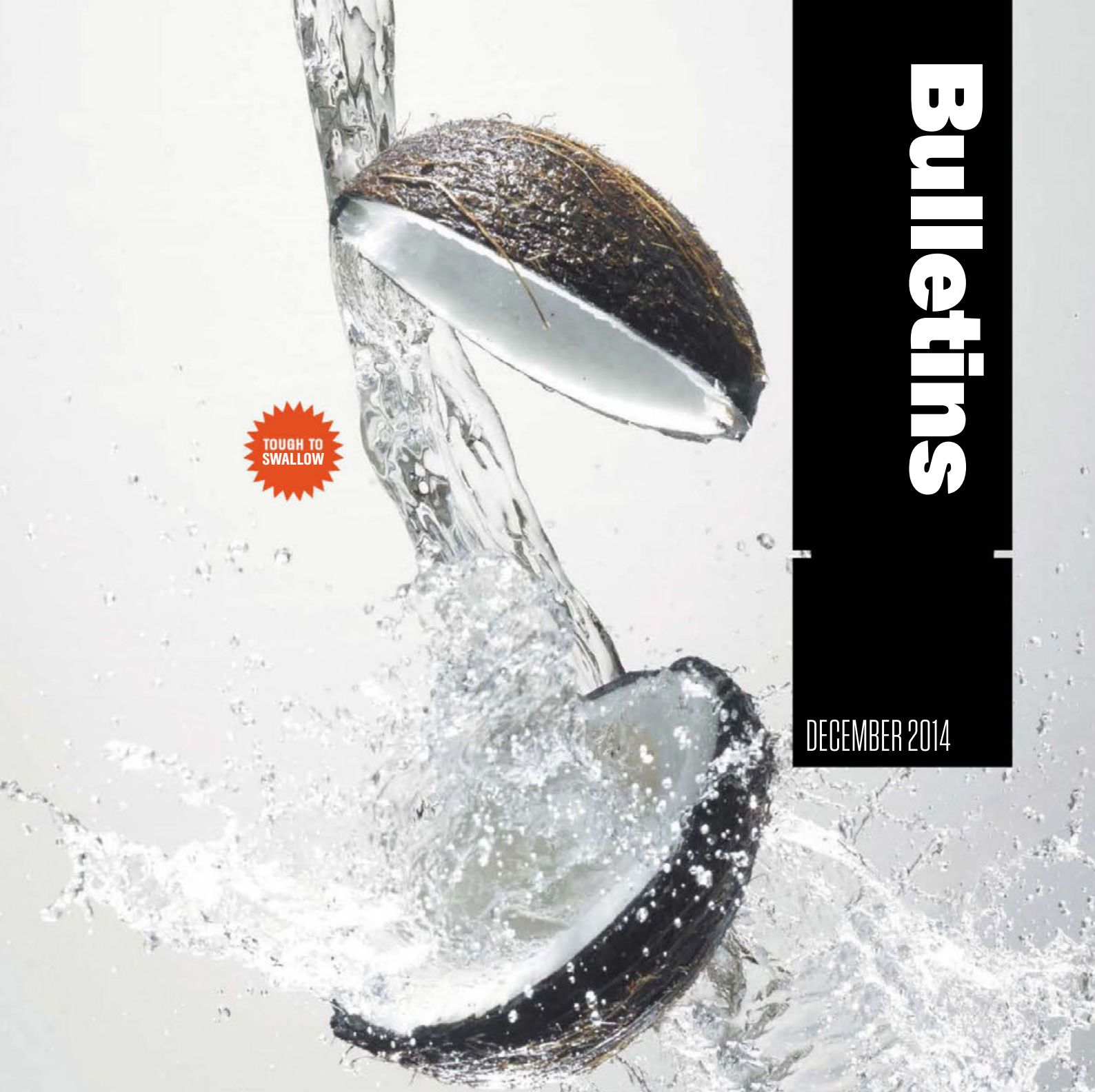
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TOUGH TO SWALLOW

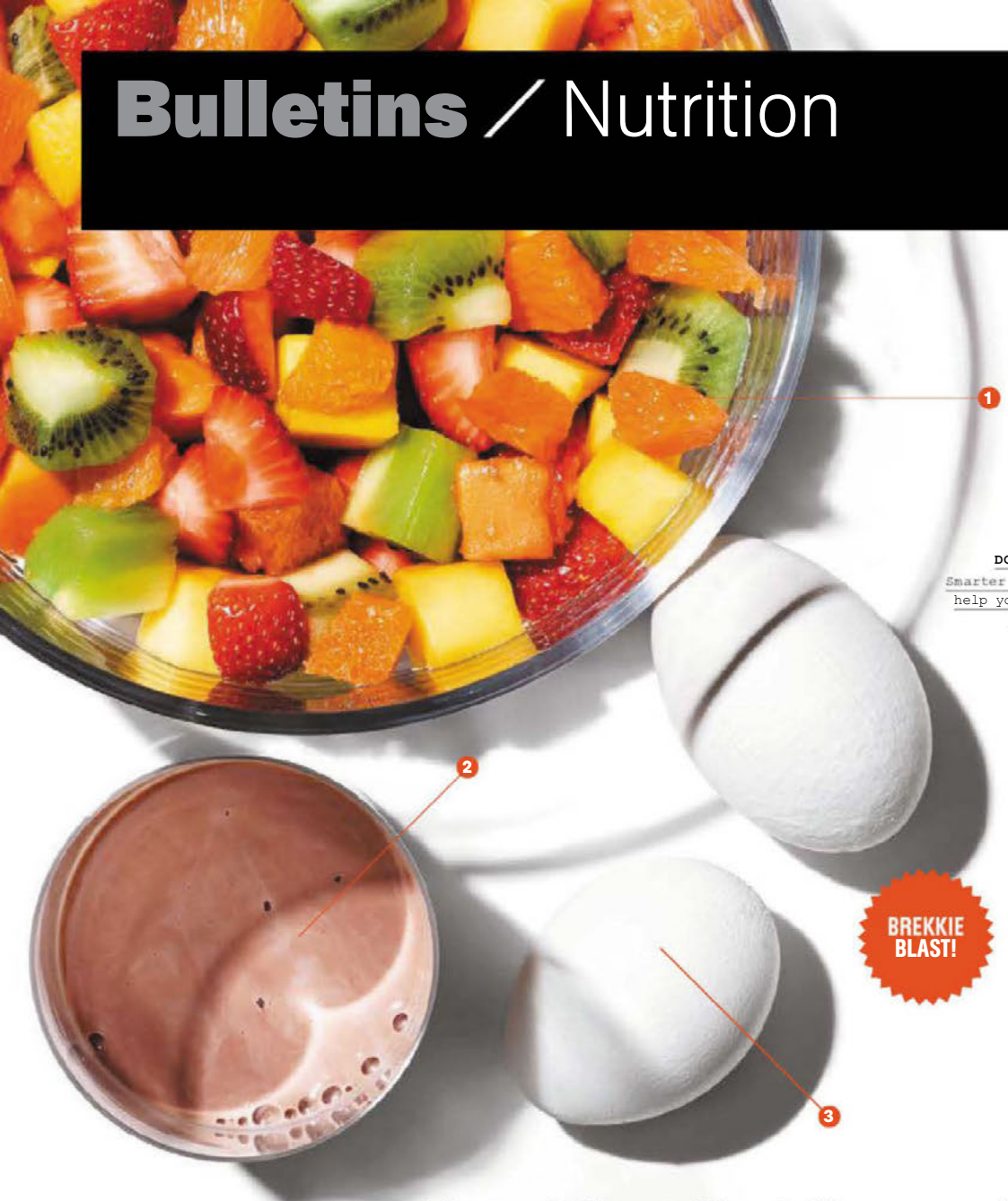
COCONUT SO GREAT?

Looking for a natural alternative to manufactured sports drinks? **Avoid coconut water.** Researchers from the University of Memphis put study participants through a 60-minute treadmill workout, before allowing them to rehydrate using either water, a sports drink, coconut water or coconut water from concentrate. They found no significant difference in exercise performance between the four options, but participants who used the coconut water or coconut water from concentrate did report feeling more bloated and experienced greater stomach upset.

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DON'T WAFFLE
Smarter choices may help your head and your heart.

BREKKIE BLAST!

Breakfast that Serves You

Fill your produce prescription: a French study shows that (1) **increasing your vitamin C intake may lower your stroke risk.** The vitamin regulates levels of nitric oxide, which aids blood flow, says study author Dr Stéphane Vannier. To make sure you hit at least the recommended 90 milligrams a day, eat a cup of fruit salad made from any combo of oranges, strawberries, papaya, kiwi and mango. All pack more nutrients than a supplement – and taste better too.



(2) Chug Chocolate! Come over to the dark side: **milk mixed with high-fibre cocoa powder may help your cholesterol profile,** say scientists in Spain. After drinking about two cups of the mixture every day for four weeks, people saw their HDL (good) cholesterol rise 6% more than when they drank plain moo juice. Credit cocoa's polyphenols, which may boost a major protein in HDL, says researcher Professor Beatriz Sarriá.

(3) Be an Egg Head Crack open some brain food: **tyrosine may sharpen you mentally,** a Dutch study found. People who consumed two grams of this amino acid – found in eggs and cheese – did 10% better on mental-reflex tests than those who ate none. Study author Professor Lorenza Colzato says tyrosine may amp up production of dopamine, which is linked to brainpower. You'd need to eat eight large eggs to hit two grams of tyrosine, but a lower amount may provide some benefit.

16

In grams, the average guy's protein intake at breakfast. (We recommend at least 30.)
Source: USDA

QUICK BITE

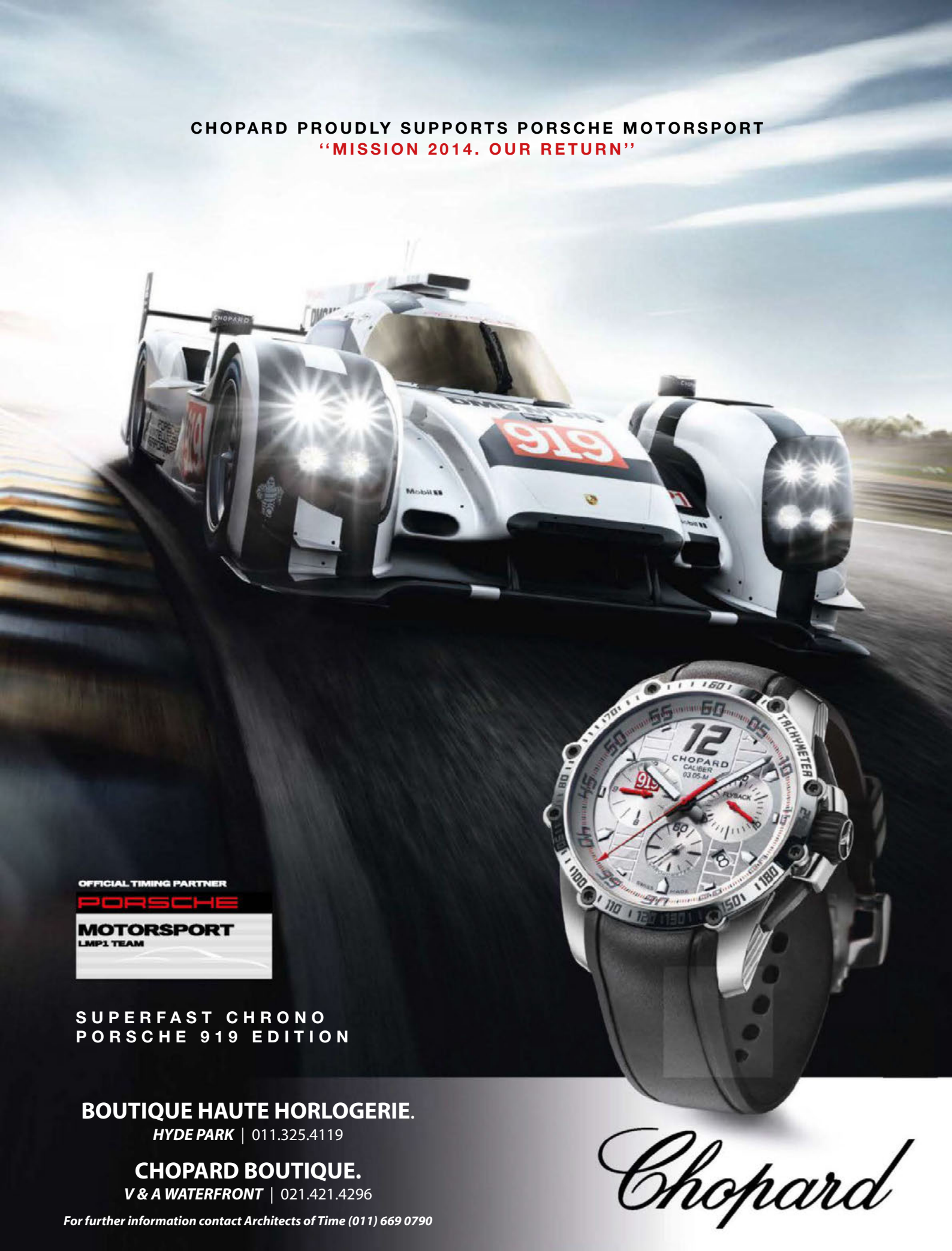
Broccoli and Fontina Frittata



This recipe, adapted from the cookbook *Brassicas*, provides a nice dose of brain-boosting tyrosine.

Preheat the oven to 200°. Heat a 25-cm, oven-safe, non-stick pan over medium and add 2 Tbsp olive oil and 2 minced garlic cloves. When the garlic sizzles, add 2 cups of bite-size broccoli florets and cook until bright green, about 2 minutes. Stir in ¼ tsp salt and 2 Tbsp water. Sauté until the broccoli is tender, about 5 minutes. Top with 1 cup shredded Fontina cheese (if you can't find any, use Gouda or mild Provolone instead) and add six eggs beaten with ½ tsp salt. Cook until the eggs set around the edges, about 2 minutes; transfer to the oven and bake until a knife tip inserted into the frittata comes out clean, 8 to 10 minutes. Carefully remove the hot pan using an oven mitt. Slice and serve. *Makes 4 servings*

PHOTOGRAPH TRAVIS RATHBONE


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The New Maths of Muscle

Are you getting enough? **Consuming 30 grams of protein at each meal can help you build more muscle,** research in the *Journal of Nutrition* reveals. When study participants ate that amount, their protein synthesis level – the key to muscle growth – was 25% higher than that of people who skewed their consumption by loading their protein at supper time, as most Americans do. Spiking your protein synthesis levels a few times a day gives your body more opportunity to add muscle. Power up on protein four times a day to aid your workout gains and build more lean mass.

Eat for Size and Strength

A gun-sculpting diet is a matter of type and timing. To stay primed with protein all day long, follow the user-friendly meal plan at left, designed by *Men's Health* nutrition advisor Professor Mike Roussell. Each combo provides at least 30 grams of protein to provide a host of muscle-building benefits.

20

Additional kilograms that powerlifters deadlifted when they used a hex bar instead of a straight one

Source: *The Journal of Strength and Conditioning Research*

ON OUR RADAR

Stay Ripped for Life

Be jacked in the future: older people with more relative muscle mass tend to live longer than those with less, a study in the *American Journal of Medicine* reports. To build mass that lasts, do deep squats twice a week, varying your reps each session. Past research has shown that squatting until your hips are below your knees activates your glutes significantly more than squatting until your thighs are parallel to the floor.

PILLAR OF POWER
To build serious muscle, try this daily meal plan.



1 Breakfast
(36 g protein)

SCRAMBLED EGGS
3 whole eggs, 4 whites
The whites add protein without as many kilojoules.

OATMEAL *⅔ cup*
Oatmeal contains beta-glucan, a fibre that can help boost immunity.

2 Lunch
(48 g protein)

CHICKEN BREAST
140 g
For quality protein that's affordable and easy to fix, chicken is a great choice.

QUINOA *⅔ cup*
With about twice the protein of white rice, quinoa packs the amino acids you need to build muscle.

SAUERKRAUT *½ cup*
Fermented foods offer natural probiotics, and some can even help decrease body fat, say researchers in Korea.

3 Supper
(44 g protein)

STEAK *140 g*
Steak provides protein and creatine, an amino-acid derivative that can beef up your power in the gym.

BAKED POTATO
The carbs and potassium in potatoes help refuel and repair your body after hard training sessions.

4 Before Bed
(31 g protein)

LOW-FAT COTTAGE CHEESE *1 cup*
It contains plenty of slow-digesting casein protein.

WALNUTS *¼ cup*
These nuts are packed with polyunsaturated fats, which can help you pack on lean muscle mass.

BLUEBERRIES *½ cup*
They're a potent source of free radical-fighting antioxidants.



PHOTOGRAPH TRAVIS RATHBONE



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For up-to-the-minute sex news and tips, go to mh.co.za/sex-women

five

Year of marriage during which the risk of divorce is highest

Source: *Demography*

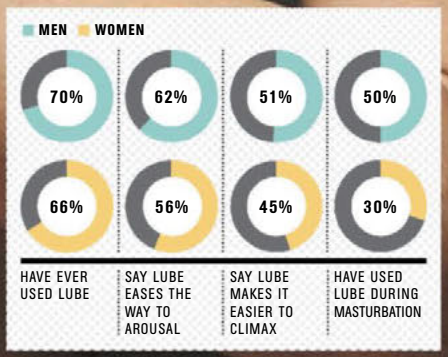


A STRONG UNION'S WEAKNESS

Think your bond is ironclad? Maybe not: **the better your relationship, the more likely you are to be dumped if you cheat,** a study in the *Archives of Sexual Behavior* reveals. "Betrayal runs deeper for those who are satisfied in their relationship, because it's unexpected," says study author Professor Sesen Negash. "Everything they thought they knew about the relationship is suddenly in question." If you mess up, it could take months to earn her forgiveness, Negash says. You have to show her that you've gained insight into your motivations for cheating.

MAKE THE FIRST MOVE

Don't be shy online. **Your chances of landing a gorgeous woman on a dating site increase if you initiate contact instead of waiting to be chosen,** the *Journal of Marriage and Family* reports. Why? Everybody takes a shot at someone hotter. So if she reaches out to you, you're likely to be the more attractive partner, and vice versa, says lead study author Professor Derek Kreager. About 80% of men's messages go unanswered, probably because everyone's after the same people, he says. So try your luck, but also contact women with less dazzle – and more space in their inboxes.



The Bigger Bang Theory

A wait brings good things to those who come. **Delaying her orgasm may ultimately boost her pleasure,** a new study in the *Journal of Sex Research* suggests. While masturbating, women who let their desire build the most before climaxing reported orgasms that were more pleasurable than those of women who rushed to the finish line. So tease her a bit – start stimulating her, then go back to kissing. Then ease into pleasuring her again. Go ahead and ask her if she likes to be teased – and if so, at what point. "The relief from mild frustration may be what intensifies her sensation and orgasm," says study author Professor Laurel Paterson. Bonus: the more awesome her O, the more eager she'll be to reach round two, the study found.

Letting Things Slide

Lube: problem-solver, or good slippery fun? Answer: yes! "Many people say they use it for fun, pleasure and foreplay – not just to address difficulties," says Professor Debby Herbenick, the author of two new lube studies in the *Journal of Sexual Medicine*. So keep some handy – preferably water-based, she says.

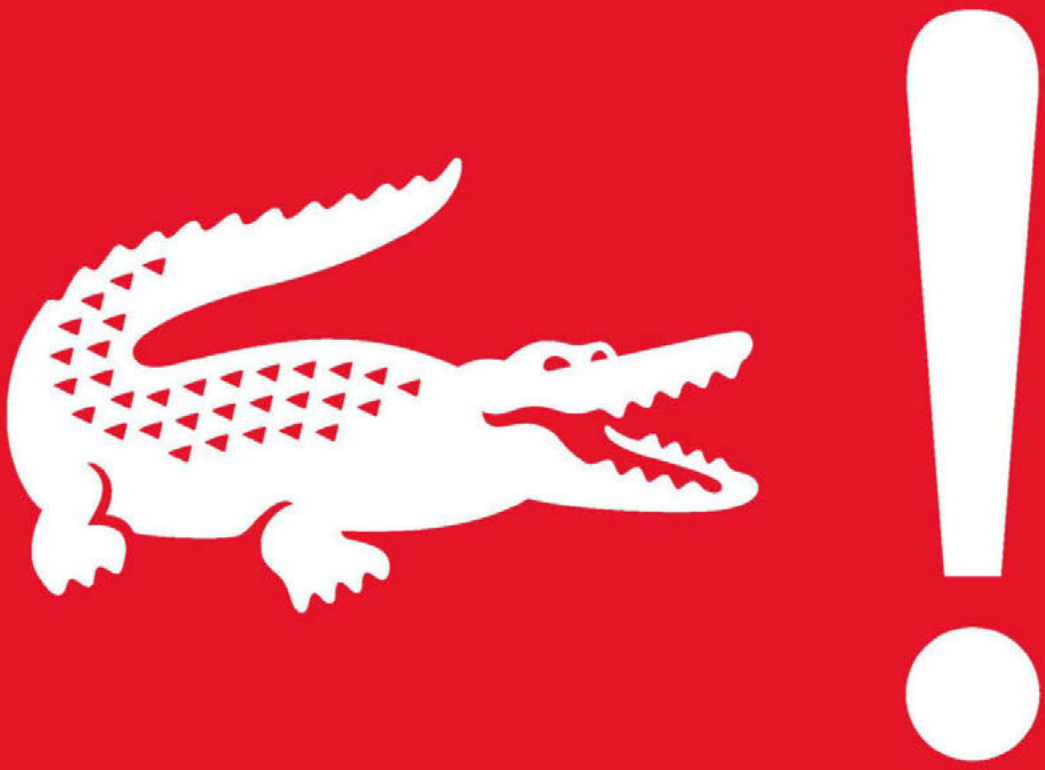
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THE COMPLETE SURVIVAL GUIDE FOR MODERN MAN

Malegrams

Edited by Pieter Smedy



1 STAY COOL

Beat the Beach

Don't make us call Netcare 911

P/ 42

From sandflies to riptides, the coast is full of potential weekend-ruining pitfalls. Here's how to stay safe.

2 GO PLACES

Great Escapes

Summer's best getaways are right here

P/ 44

The pursuit of happiness shouldn't take you beyond borders. Your next adventure lies just around the corner.

3 DRESS UP

Downtime Dashing

Make your style work overtime

P/ 48

What you wear after hours is just as important as your office outfit. We've got your party look sorted.

Quite the Catch!

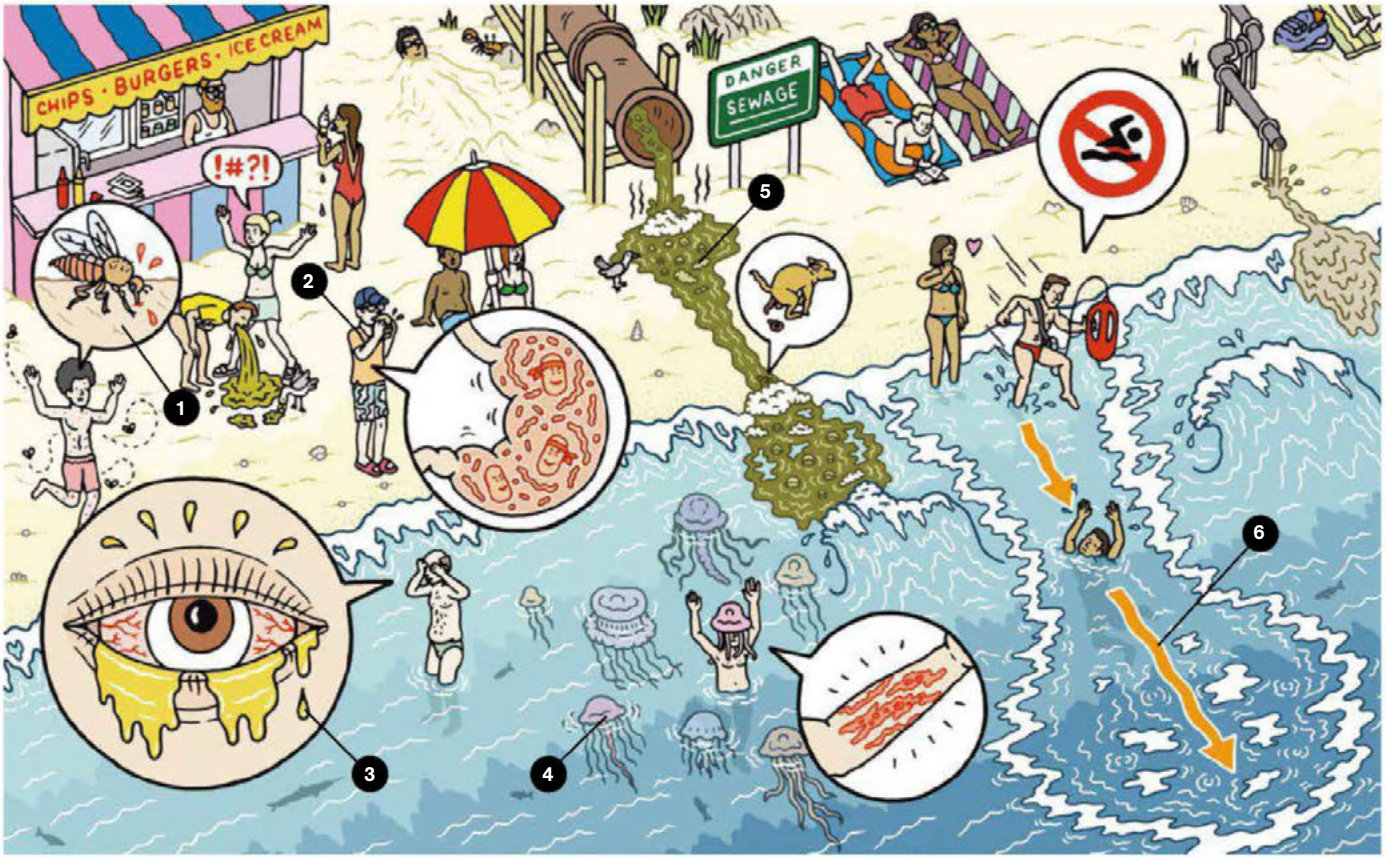
Sun, sea, sand and sex: we've got need-to-know life hacks that'll make your summer a hot one

BY PIETER SMEDY

PHOTOGRAPH SEAN LAURENZ

Avoid the Sand Traps

Make your beach day disaster-free by dodging these seaside health hazards



THREAT LEVEL

1 Sandflies

Unlike mosquitoes, which prick your skin, sandflies (miggies or moth flies, for example) gnaw into you with tiny teeth before sucking up your blood. They don't carry disease, but may leave you covered in itchy bumps that usually last about a week.

BANISH BITES Scratching through your skin can lead to infection, so prevent bites by applying an insect repellent before you hit the dunes and every time you dry off after a swim.

2 Food Poisoning

Millions of South Africans contract food poisoning every year. And since bacteria breed faster in a warm environment, cases tend to spike during the summer, says *Men's Health* advisor Dr Ted Epperly. Symptoms include diarrhoea, abdominal cramps, vomiting and a fever.

PACK SMART Stash spoilage-prone foods, like meat and mayo, deepest in your cooler. Eat them within half an hour of taking them out.

3 Pinkeye

"Salt water isn't sterile," says Epperly. In fact, polluted water can harbour bacteria that cause conjunctivitis, or pinkeye. The more time you spend splashing around, Epperly warns, the more likely you are to end up with itchiness, redness, discharge and tearing.

FLUSH THE PAIN Eyes itchy? Rinse them with tap water a few times over two hours. If your symptoms worsen, see a doctor. You may need antibiotic eye drops.

4 Jellyfish

Of the 2 000 known jellyfish species, only 70 cause serious harm to humans. If you're stung, expect a painful, burning, reddish rash.

BURN IT OUT Heat changes the toxin's protein structure to neutralise pain, says Paul Atkinson of Dalhousie University. Scrape out the stingers with a credit card and give the area a soak in water just hotter than a hot tub (42° to 45°). And no one has to pee on you.

5 Septic Sand

E. coli from animals (or rather, their poop) and run-off from sewers and septic tanks can live on warm sand. It's one of the Environmental Protection Agency's biggest concerns for beachgoers in the US. If you're infected, expect to have diarrhoea within a day.

CUT THE CRAP If you're really worried, look up your local City Health Directorate. Otherwise, just use hand sanitiser before digging into your cooler, says Jones.

6 Rip Currents

A shark isn't your top underwater enemy. Rip currents are behind the majority of rescues and drownings, says Ed Schroeder, regional lifesaving co-ordinator for the Western Cape.

BEWARE THE CALM It's the quiet spots you need to watch out for. [See our "In Over Our Heads" feature for reasons why.] Caught? If you can't escape by swimming parallel to the shore, go with the current. Once it dissipates, try again.

TEXT ANGELA GIANNOPOULOS **ILLUSTRATION** MATT JOHNSTONE


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Rage Festival for Grown-Ups

Those pre-varsity tykes are on to something: warmer, longer days *are* best spent chasing adventure or relaxation or, hell, both

IT'S THAT TIME OF YEAR WHEN YOUR BODY'S THIRSTING FOR SOME excitement. Unless you managed to get some time away mid-year, the cold, dark days of winter have most probably lingered long enough to lull you into an extended hibernation. Well, now's the time to snap out of it! You've got a break from the daily grind, so why not imitate the class of 2014 who look to this time of year to live out crazy experiences that stimulate both mind and body. There's never been a better reason to get out of town.



1

ORANGE RIVER

Tame the Rapids

Running 2 200km from its source high in the Maloti Mountains of Lesotho (where it's known as the Senqu) to its mouth at Alexander Bay in the Northern Cape, the Orange River is the longest in South Africa, and the best for white water rafting.

THE PLAN Do the Gorge section near Pofadder rather than the usual Richtersveld Run. "It's the ultimate rafting experience, combining a fantastic variety of experiences, from flat water to flowing channels and white water. There's even a solid class 3+ rapid (Big Bunny) to add a challenge," explains Andrew Kellet from Gravity Adventures, who offer guided tours of the river. "There are no long, flat pools and the water is flowing most of the way, which makes it an easier paddle than the stretches on the Richtersveld section."

INSIDER TIP Doing the Gorge also gives you an opportunity to fish for the endemic Yellowfish in the long, deep channels.

GO NOW gravity.co.za

2

ADDO ELEPHANT NATIONAL PARK

The Big Chill

About an hour's drive north-east of Port Elizabeth, this is the only park in the world that boasts the Big Seven (the Big Five plus the great white shark and southern right whale). "The park also hosts over 600 elephants and is home to the rare flightless dung beetle," says SANParks communications manager Fayroush Ludick.

THE PLAN To disconnect yourself completely from the rest of the world, book into Narina Bush Camp at the foot of the Zuurberg Mountains, either for a romantic weekend or a bush bash with the boys. "It comprises four tents that sleep two people each, so you're basically going to book out the entire camp," Ludick says. There's really no better place to switch off and recharge.

INSIDER TIP Make a big flask of coffee and drive down to Hapoor Dam in the central part of the game area. Sit back, chill out and let the game come to you.

GO NOW sanparks.org/parks/addo

3

GREEN MOUNTAIN ECO ROUTE

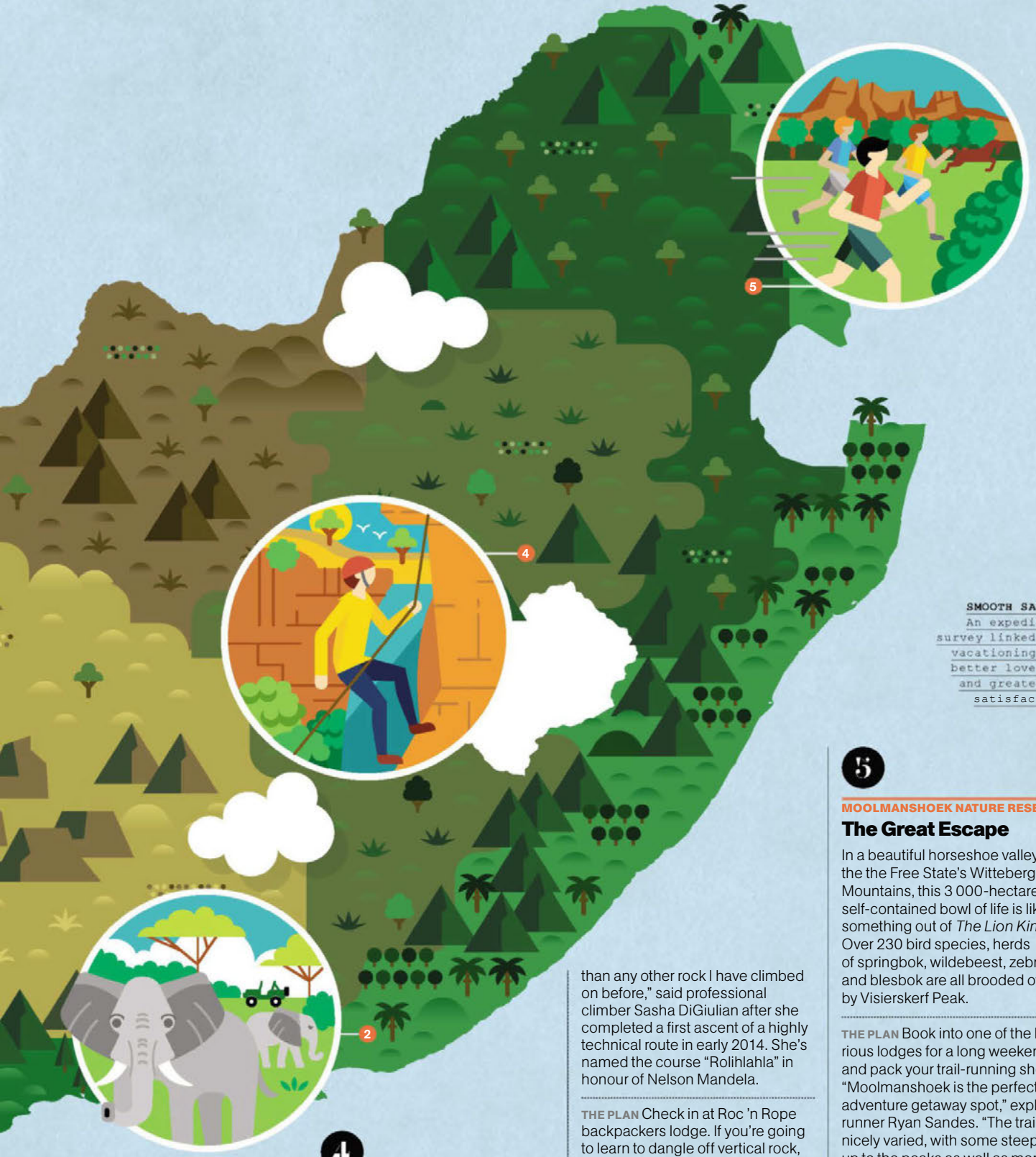
A Long and Winey Road

The Green Mountain Eco Route from Grabouw through Viljoen's Pass, Villiersdorp and the Van der Stel Pass to Bot River is the world's first bio-diverse wine route. You can walk, bike, cycle or drive, planning your pit stops around the wine farms and restaurants along the way. It's within day-trip range from both Cape Town and Hermanus, but the ideal is to spend at least three days exploring the area.

THE PLAN Book into the self-catering cottages at Beaumont Wines, then hit Oak Valley's world-class MTB trails, which were ranked third in *Bicycling*'s 2014 Top 100 Trails. "It may be on Cape Town's doorstep, but when you're winding your way through those many kilometres of singletrack, you'll feel like you're in another world," says ex-pro racer, multiple Absa Cape Epic finisher and Gear Editor at *Bicycling*, Oliver Munnik. Variety is also a key part of the trail's attraction: "The terrain changes considerably depending on where on the track you are – it's damp and loamy at the bottom and dry, loose and rocky the higher you go," he says.

INSIDER TIP Don't leave the area without some Oudemolen brandy – or, better yet, do the full tour.

GO NOW greenmountain.co.za; beaumont.co.za; oudemolen.co.za



SMOOTH SAILING
An expedia.com survey linked more vacationing to a better love life and greater job satisfaction.

4

WATERVAL BOVEN

Off the Wall

These crags in Mpumalanga, known as "the restaurant at the end of the universe", are some of the world's most spectacular. Climbers from around the globe come for challenging quartzite cliffs, the variety of routes and spectacular Drakensberg-escarpment scenery. "The rock is unique: bullet sandstone, stronger and more beautiful than any other rock I have climbed on before," said professional climber Sasha DiGiulian after she completed a first ascent of a highly technical route in early 2014. She's named the course "Rolihlahla" in honour of Nelson Mandela.

THE PLAN Check in at Roc 'n Rope backpackers lodge. If you're going to learn to dangle off vertical rock, you're going to want to do it with the best – and Roc 'n Rope Adventures offers expert guiding, courses and equipment hire.

INSIDER TIP Pack your fly-fishing rod, as you'll be in the middle of some prime trout fishing country. Get in touch with the local Trout Association for info and access to well-stocked dams and six kilometres of beats on the Elands River.

GO NOW rocrope.com; wbta.co.za

5

MOOLMANSHOEK NATURE RESERVE

The Great Escape

In a beautiful horseshoe valley in the the Free State's Witteberg Mountains, this 3 000-hectare, self-contained bowl of life is like something out of *The Lion King*. Over 230 bird species, herds of springbok, wildebeest, zebra and blesbok are all brooded over by Visierskerf Peak.

THE PLAN Book into one of the luxurious lodges for a long weekend, and pack your trail-running shoes. "Moolmanshoek is the perfect adventure getaway spot," explains runner Ryan Sandes. "The trails are nicely varied, with some steeping up to the peaks as well as more runnable flat trails on district roads. You can also explore the area on a mountain bike or even horseback."

INSIDER TIP The Langesnek 4x4 trail with its rock plates and extremely steep descents is one of the finest in the Eastern Free State. If low-range and diff-loc is your thing, this 10-kilometere route is reason enough to visit the reserve.

GO NOW moolmanshoek.co.za

ILLUSTRATION ROBYN MITCHELL

3 Months
Length of time most single guys sleep on the same set of sheets. Change yours at least every two weeks.
Sources: Ergoflex survey; Elizabeth Scott, Ph.D., hygiene researcher

Six Quick Home Fixes

Some projects swallow up a whole weekend. Others take less time than a trip to the hardware store. Have a few minutes to spare? Use them to upgrade everything



5 MINUTES

Silence a Creaky Door

YOU NEED SPRAY LUBRICANT (SUCH AS Q20), HAMMER, SCREWDRIVER, WIRE BRUSH

Hit the offending hinge with a shot of Q20; then open and close the door for 20 seconds to work it in. That may do the trick; if it doesn't, pop the pin out of the hinge with a hammer and screwdriver. Brush off the gunk, lube the pin and slide it back in.

10 MINUTES

Fix a Leaky Showerhead

YOU NEED ELECTRICAL TAPE, SPANNER, SCREWDRIVER, RUBBER GASKET, THREAD SEAL TAPE

Wrap the fixture's nut in electrical tape for protection, then unscrew it with the spanner. Pop out the gasket with the screwdriver, clean out any build-up in the pipe and drop in a new gasket. Wrap the threads in seal tape and reinstall the showerhead.

20 MINUTES

Install a Dimmer Switch

YOU NEED SCREWDRIVER, NONCONTACT VOLTAGE TESTER, DIMMER SWITCH, WIRE NUTS

Kill the power at the switchboard, then pop the switch cover and check the wires with a voltage tester. Not hot? Good. Remove the old switch and use wire nuts to connect the three dimmer wires to the three wall wires. Green is the ground.

30 MINUTES

Replace an Old Bathroom Seal

YOU NEED PUTTY KNIFE, RAG, TUBE OF SILICONE OR LATEX FILLER, SILICONE GUN

Pull away the old seal or pry it free with a putty knife. Clean the area with a warm, wet rag. Load the filler tube into the gun and run a uniform bead along the seam with one steady motion. Go back over it with a moistened finger to neaten uneven spots.

1 HOUR

Frame a Frameless Mirror

YOU NEED MOULDING, BLACK PAINT, CONSTRUCTION ADHESIVE (SUCH AS LIQUID NAILS), PAINTER'S TAPE

A hardware store can cut you four pieces of moulding at 45-degree angles. Paint the back sides black so you don't see a reflection, then apply glue in a zig-zag pattern. Stick the moulding on the mirror and tape the corners until the glue sets.

1½ HOURS

Make a Street-Number Mosaic

YOU NEED MARKER, 45×15-CM PIECE OF PLYWOOD, CERAMIC OR PORCELAIN TILES, GLUE, TILE GROUT, SPONGE

Draw your house numbers on the plywood. Then smash three colours of tile (for the numbers, background and border) into 2cm pieces. Glue the pieces onto the board, fill the cracks with grout and sponge off any excess grout from the surface.

TEXT CARTER OOSTERHOUSE **PHOTOGRAPH** LEVI BROWN **PROP STYLING** MEGUMI EMOTO/ANDERSON HOPKINS **ILLUSTRATIONS** CURTIS JINKINS (BED ICON)

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Music control

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SoundHound — This music search app developed by SoundHound Inc. utilizes the smartphone's microphone to capture sound samples and returns the song title and related information.

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Master the "Out of Office" Look

Dress like you're on holiday – even when you're not

THIS TIME OF YEAR, IT'S OKAY TO get a little casual around the office. We're not saying you should pitch up to your next board meeting in flip-flops, but there's no harm in unbuttoning your collar now and again. This applies to your time off, too: even if you're not taking some time to get away, you have our permission to dress like it's cocktail hour round the clock. These looks prove it's true what they say: a change *is* as good as a holiday.

CROSSFIT T-SHIRT **R549** REEBOK
BWGH BACKPACK **R1 800** PUMA
CANVAS BELT **R450** TIMBERLAND
RUBBER STRAP WATCH **R2 450** TIMBERLAND
NATCHEZ WINDBREAKER **R900** FRENCH CONNECTION AT STUTTAFORDS
UTILITY PANTS **R800** ACA JOE
EK BRADSTREET CHUKKA BOOTS **R2 099** TIMBERLAND



1 / Tee Break

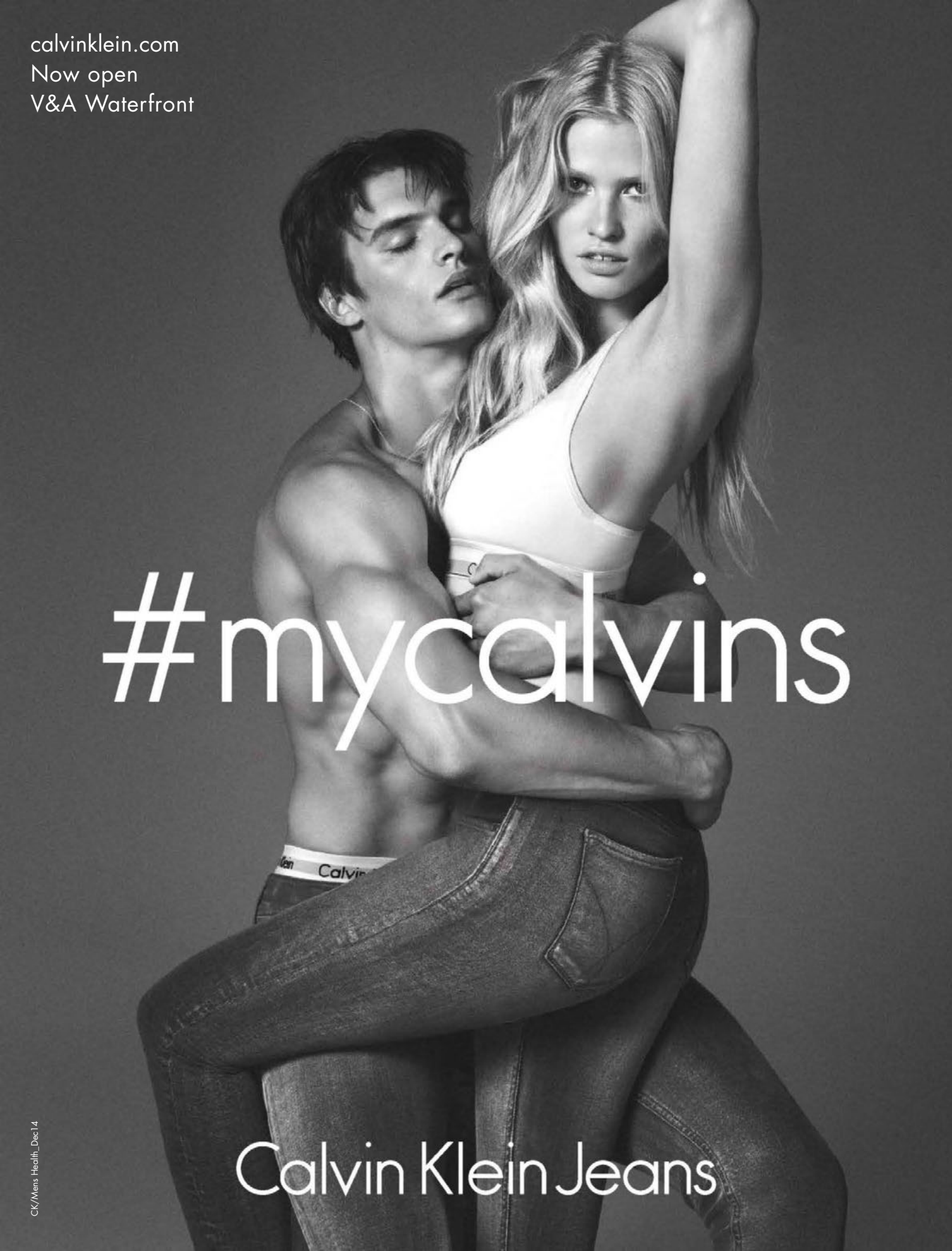
See that grey crew neck? It looks like any other T-shirt, doesn't it? Well, it's not. That one's been specially manufactured with Play Dry technology, which wicks moisture off the skin, keeping your pits dry. The best part is that it looks cool enough to wear anywhere from CrossFit to the bar.

2 / Precious Cargo

Look for cargos with a tailored fit and deep side pockets near the knees. They'll keep your essentials intact without giving you awkwardly lumpy hips. Avoid anything that comes in a big, boxy cut – you'll just end up looking like a safari tour guide.

3 / Well Grounded

The biggest mistake you can make in the great outdoors is being unprepared. Luckily, that's easily taken care of with a pair of these chukka boots, which come kitted with Sensor Flex technology, which makes them adaptable to just about any terrain. They're also pretty good looking.


calvinklein.com
Now open
V&A Waterfront
#mycalvins
Calvin Klein Jeans
CK/Mens Health_Dec14

WATCHES TO DIVE FOR

A legitimate diving watch should be able to hold up at least 200 metres below the surface. Put one of these to the test – next time you date a mermaid, you'll always be on time.



SCREEN DEEP
Its 3-D dial means you won't lose track of time as you explore the reefs. It's also stylish enough to wear out of the water.

SEIKO PROSPEX KINETIC GMT DIVER
R9 499 TREGER BRANDS



BRIGHT IDEA
With a scratch-proof sapphire bezel and water resistance of up to 500 metres, this one takes its core function seriously.

VICTORINOX SWISS ARMY DIVE MASTER 500
R17 750 PICOT & MOSS



CHILL TIME
Because not all watches need to go with a tux, this timepiece adds a sporty, casual feel to any poolside afternoon.

TW STEEL CE5010 WATCH CEO DIVER **R14 500**
LUXCO IMPORTERS

BE A BETTER BAG MAN

Conquer all kinds of terrain with these essential rules of the carryall

BEACH	CITY	ADVENTURE
PROMOTE THE TOTE CHOOSE THICK OR WAXED CANVAS, NOT LEATHER. IT'LL STAND UP BETTER TO THE SUN, SAND AND SALT WATER.	**THINK INSIDE THE BOX** RECTILINEAR (BOX-SHAPED) LUGGAGE MAXIMISES SPACE, WHILE CURVED EDGES ROB YOU OF CRUCIAL EXTRA REAL ESTATE.	**PUT STOCK IN ZIPLOCK** USE PLASTIC BAGS TO WRAP BOOTS AND ORGANISE BELONGINGS. THAT'LL MAKE IT EASIER TO LOCATE ITEMS IN YOUR PACK.



ROAD TRIP

1/ Tick the Bucket
Less fishing with your dad, more Earl Sweatshirt and A$AP Ferg, the bucket hat is back and it's the business. Sure, it's got its practical uses (no one looks good with a sunburned nose) but it's also a quick and simple way introduce colour and some off-beat style to a casual get-up.

2/ Slim Picking
Crafted from breathable cotton and finished with turned-up cuffs, these rough-and-ready shorts in navy are the ideal start to a great look. Dress them down with a striped T-shirt or get smart-casual spot on with a button-down shirt and boat shoes.

3/ Walk on Air
You don't want to be the guy who can clear a room just by kicking off his shoes. When the mercury's up, invest in a pair of sneakers with perforated rubber outsoles that allow your feet to breathe. A microporous membrane wicks sweat and keeps you dry (and smelling fresh).

REVERSIBLE BUCKET HAT **R250**
POLO AT STUTTAFORDS
STRIPED T-SHIRT **R400** GAP
ALPHA BRAVO BACKPACK
R5 000 TUMI
SPEED COUNTER WATCH
R1 750 SWATCH
REVERSIBLE BELT **R375** POLO
AT STUTTAFORDS
CHINO SHORTS **R2 600** REPLAY
U-SMART E-SUEDE SNEAKERS
R1 399 GEOX AT EDGARS

FASHION EDITOR AZEEZ JACOBS **PHOTOGRAPHS** GARRETH BARCKLAY, JAMES GARATHY (STILLS)

dunhill

LONDON



the desire collection from dunhill

CITY WEEKEND



1/ Frame Game

Foldable shades aren't just bang on trend; they're also super practical. This blue pair offers a stylish mix of adventure and classic style. Need to make eye contact? Just fold them up and slip them into your shirt pocket.

2/ Short Cut

Slogan T-shirts and cargo shorts scream "tourist" in your own city. Sure, comfort is key in summer – but that's no reason to skimp on style. A short-sleeved shirt with a botanical print is perfect, so long as the sleeves hit mid-bicep. Keep the fit slim – not just with your shirt, but everything else, too.

3/ Wear and Care

Whether you're cycling to work or hitting the town, do it all in the same jeans. Commuter denim might be designed with the urban cyclist in mind, but its stretch provides greater convenience, no matter how you roll. Flexibility is what matters when you're on the move.

- FOLDABLE SUNGLASSES **R2 553** BURBERRY AT LUXOTTICA
- PRINTED SHIRT **R120** MR PRICE
- CANVAS MESSENGER BAG **R949** BEN SHERMAN
- SCUDERIA D50 WATCH **R3 750** FERRARI AT S. BACHER AND CO
- LEATHER WOVEN BELT **R500** BELLFIELD AT STUTTAFORDS
- COMMUTER 505 JEANS **R1 300** LEVI'S
- BWGH XS-698 SUEDE SNEAKERS **R2 199** PUMA

SEEK OUT THESE SHADES

Cheap sunglasses always seem like a good idea – until you drop them. Invest in a pair of life-proof shades and stop squinting at things



Lightweight yet durable, the polarised lenses on these sunnies will keep your eyes protected from even the harshest glare.

- TILTON POLARIZED AVIATOR SUNGLASSES **R2 100** TIMBERLAND AT SDM EYEWEAR



No matter where you're going, these polycarbonate lenses will keep your precious peepers shielded from UV light. They're also scratch and impact resistant, so go wild.

- PALERMO SUNGLASSES **R800** ADIDAS AT MOSCON OPTICS



The trifecta: lenses that filter 100% of UVA and UVB rays, a three-point fit that holds the lenses in precise optical alignment and a kickass foldable, skeletal aesthetic.

- SLIVER F SUNGLASSES **R1 765** OAKLEY AT LUXOTTICA



THE SECRET TO PERFECT PACKING

Do this first: ball up your socks and stick them into your shoes; then bag the shoes and pack them. If you have an item that wrinkles, pack it under a layer of plastic or in a dry-cleaning bag to reduce friction. Fill in gaps with incidentals and rolled shirts. And don't forget fresh underwear.

GROOMING SIAN AT INFIDELS **FASHION ASSISTANT** TANYA NORTJE **PHOTOGRAPHER'S ASSISTANT** JESSIE FINE **MODEL** KONSTANTIN AT PURE MANAGEMENT **ILLUSTRATIONS** MITCH MANDELL


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THE GIRL NEXT DOOR

Sex, dating, love and lust. Amelia Frenkel will now take your questions





My girlfriend gave me a key to her place. Do I need to reciprocate? DANIEL

Was it a purely practical, casual transaction? Or did she make dinner, light candles and present the key in a box? If it was with convenience in mind because you end up staying there more often than at your place, or you leave for work earlier than she does and need a remote to get out, I'd let it go. Suspect she's expecting yours in return? Is it really such a big deal? Yes? Then maybe you need to do some thinking about where this is all going and whether you two want the same things.

She hasn't climaxed the past four times we've had sex, but insists everything is fine. Is she lying? CHARLIE

Some women don't orgasm every time. That doesn't mean it wasn't satisfying or intimate. But if she's been withdrawn and distant, there might be a bigger issue. She could also just be tired, stressed and distracted. Feeling like she's not "performing" won't help her, so stop focusing on it. The best approach is to get her out of her head. What does she love to do? A lazy Sunday lunch with friends, sunset picnic on the beach or long hike? Make her the focus, whether it's saying you'll pick up dinner or simply sending an SMS to say you're thinking of her. When she feels appreciated and content, she'll relax into the moment.

My girlfriend's into CrossFit, and she's nagging me to lose weight. Is it over if I don't? ANDRE

Exercise is addictive. Getting active (no matter what you're doing) is an almost guaranteed cycle of self-motivation, and yes, sometimes, it's good to have a little push to get started. Plus, working out as a couple can be beneficial for a relationship. But I also believe it's important to have separate interests. Forcing your partner to do anything they don't want to do – no matter how good it might be for them – is likely to breed resentment. Appease her by agreeing to go for a trial session, then decide for yourself.

I'm worried she won't like the family ring I'm proposing with. How do I find out? TERRENCE

Is she a romantic who'd love you to choose the ring on her behalf, or someone who'd prefer you deigned it together? If it's the former, you're in safer territory. Is she into vintage pieces? Ask yourself objectively if it's a style you would have picked out for her. Browse a few jewellery stores to see what's out there. Still feeling doubtful? You could always get one of her close friends to sound her out.

I've fallen for my best friend – but she has a boyfriend. Should I speak up? MOHALE

This isn't Hollywood: in the real world, attempting to date your bestie usually ruins a friendship. The fact she's actually in a relationship ups the ante. This could blindside her – your feelings might be unreciprocated, she may feel you're being disrespectful of her boundaries and you risk losing her altogether. If you can't bear to carry on as things are, get it all out in the open. Explain how your feelings have changed. Tell her what you want, but say you understand if she wants to remain friends – only if you mean it, though. My money's on her picking this card.

Follow Amelia on Twitter @MH_girlnextdoor or email your questions to girlnextdoor@mh.co.za

Watch Porn With Her

Dr David Ley, author of *Insatiable Wives*, helps you make an X-rated date

WHEN SHE SAYS

SAY THIS NOT THAT

"WHAT? I'M NOT ENOUGH FOR YOU?"
"I THOUGHT IT'D BE FUN."
"IT'S ABOUT TIME WE TRIED SOMETHING NEW."
Success depends on seeing this as a boost to a healthy, thriving sex life – not an attempt to save one that's sagging.

"NO WAY!"
"COOL."
"DON'T BE A PRUDE."
Porn is often linked to deep-seated feelings of fear and shame, which (sorry, pal) will take more than one conversation to sort out.

"OKAY, I THINK I'VE SEEN ENOUGH."
"ME TOO!"
"THE GOOD PART'S COMING SOON."
She's in control – so she stops, starts and makes whatever requests she wants. Including any new positions she'd like to try.

"BUT THAT STUFF IS ALL SO GROSS."
"HERE. YOU PICK."
"TRUST ME. WATCH THIS."
Newer sites like Bright Desire make videos meant for women to enjoy – more realistic, less misogynistic.

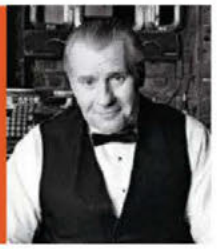
PHOTOGRAPHS GREATSTOCK/CORBIS, SEAN LAURENZ (PORTRAIT)

DDB SA 40115/E



JIMMY THE BARTENDER

On women, work and other stuff that screws up men's lives





My girlfriend and I used to close down the bars, but since we moved in together, she's become a total homebody. Is this our future?

You could ditch her for a younger girl, I guess. But sooner or later you'll run into the same problem. At some point most people figure out that those late nights aren't worth the hangovers. Happens to us all, brother, and sounds like it happened to her before it happened to you. So if you want her in your future, start planning new kinds of fun – dinner with friends, say, instead of barhopping with the crew. If you still want to party until you get kicked out, call the guys. Just try not to wake her up when you stumble in.

THE MANLY ARTS

From Lust to Trust

She says you're closed off? Offer to open up – after sex. A study in *Communication Monographs* found that intimate talk may be more likely after orgasm as oxytocin, a hormone related to trust and low stress, rises. Score for sensitivity!

My wife wants us to renew our vows – big ceremony, full-on jol. Frankly, it sounds like hell in a tux. What are my options here?
You may have an out here. Your wife clearly loves you, but is something missing? That old spark, maybe? Is she worried you're less committed? Ask her. Then come up with an idea that'll hit the right notes. Maybe a honeymoon do-over, or a party where you give a nice speech. You don't need the whole shindig, but you do need to go big. Your home will be happier for it.

I work in a small office, and my boss lets his 5-year-old run around all day. It's distracting. Can I tell him to keep a lid on his kid?
Back in the day, I ran bar-back for a guy who'd bring his dog to work. He had me feed the dog, walk the dog, keep the dog watered. Finally I had to say, "Sparky's great, but I can't keep everything stocked if I'm pooch-sitting all the time." He got it, so we split duties and it worked out for both of us. He got a nice break and I learnt to tend bar. You're being paid to do a job, and you need to do it efficiently. But don't make this about the kid – and definitely don't make it about your boss's parenting. Make it about helping him look great, and he'll have no choice but to hire an au pair.

My best friend has been a depressing drunk since he was dumped... months ago. How can I help?
Well, assuming you can't give him Kate Upton's phone number, do the next nicest thing: help him dry out. He probably uses the booze to forget reality and keep his mopey connection to his ex. So get him out kicking a ball in the park, or plan a road trip together. A little flirt with sobriety might show him it's okay to be happy. Help him clear his head – that's what he needs most.

I slept with a woman in my building, and now I seem to run into her everywhere. How am I supposed to act? Do you fish? Because this thing is like a hook in the lip. The more you fight it – avoiding eye contact, speed-walking past her – the worse it gets. So think back to how you behaved before you two slapped skin. Did you smile as you passed by? Punch the button to her floor in the elevator? Then keep doing exactly that. No need to talk about your rendezvous unless she brings it up. Hell, she probably wants to forget about it too. So don't remind her by acting like a gawky teenager.

Follow Jimmy on Twitter @MensHealthJimmy



Work Magic

WIN ANY BAR FIGHT

THE PRINCIPLE:
DISTRACT AND CONQUER

There's a reason why a magician waves a wand with one hand during his shtick. It allows him to move the other hand more freely – say, to grab something out of his pocket or reach under a table – while you're distracted. The path of that movement is key, says Susana Martinez-Conde, Ph.D., a neuroscientist and coauthor of *Sleights of Mind*. Her research has found that our eyes track curved hand motion more closely than linear hand motion. "With straight motion, your brain takes a shortcut," she explains. "It sees the start and jumps to the end. Curved motion is less predictable and demands attention."

HOW TO USE IT:
If some bad-news a-hole backs you into a corner, first fake a roundhouse right, then hit him with a fast left jab. He'll be so focused on following the big curved move that he'll miss the straight attack. "The jab isn't as powerful," says Martinez-Conde, "but he won't see it coming. Then you can follow with a hook." Ka-boom! – JOEK

PHOTOGRAPH MICHELLE PEDONE (JIMMY) ILLUSTRATION ZOHAR LAZA, ISTOCKPHOTO.COM (WIN ANY BAR FIGHT)



* Good buy or bad location? **Context matters.**

When investment decisions are made without understanding the complete environment, what seems like a good deal may not be.

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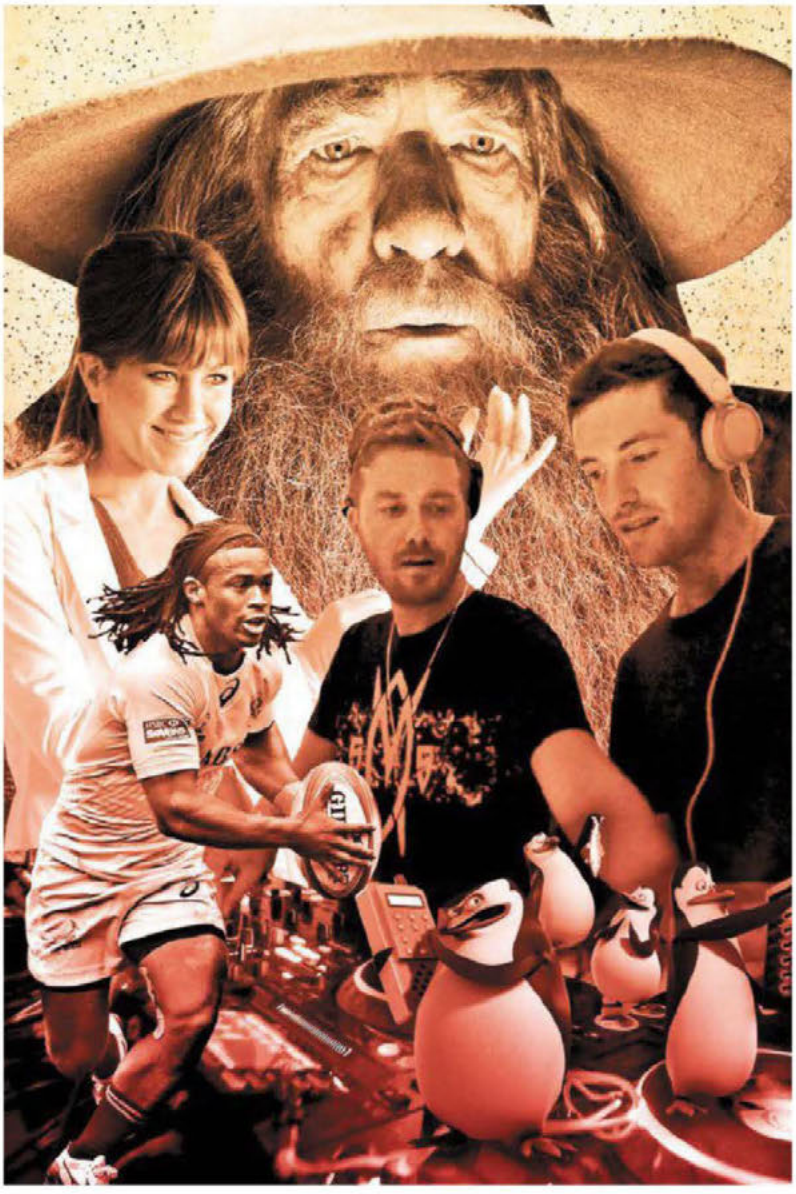
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The Hit List

The 10 things that'll make you smarter than anyone else (at least for this month)





1 / MAN TO MAN
The best film of the year is one minute long...
"We created *The Trail* for Filminute, an international festival that showcases the worlds best one-minute films. As a trail runner, my route sometimes takes me around Lion's Head, in Cape Town. I read a story about someone who was mugged there and the dread of it happening to me is always in the back of my mind. With *The Trail* I wanted to viewer to become part of the narrative, and not just a passive observer. I think we achieved that." - BAUKE BROUWER, DIRECTOR

THE FIVE TEAMS TO SUPPORT

2 / *The Hobbit: Battle of the Five Armies*
The final (for now) chapter in the series of adaptations, this one wraps up the iconic trilogy in style, seeing the pretty unpeaceful people of Middle Earth having a proper go at each other – and a pretty badass dragon. (Out 12 December)

3 / *Horrible Bosses 2*
The world's worst employees are back – and this time they're attempting to kidnap a wealthy investor's son. Whatever, it's got Jennifer Aniston as a nymphomaniac dentist, and that's enough for us. (Out 28 November)

4 / Gorgon City
If there's one artist that has nailed that cocktail-hour-cool sound down, it's this fresh British electro duo. The singles "Unmissable" and "Here For You", off their latest offering, *Sirens* (**R299**, kalahari.com), are set to become this year's summer anthems.

5 / Rugby Sevens
Sun's out, Sevens is here. If you're in Port Elizabeth from 13 to 14 December, you can catch the action at Nelson Mandela Bay for just **R30**. It's go time!

6 / *Penguins of Madagascar*
Did you know the lovable *Madagascar* franchise's penguins are, in fact, highly trained secret agents? Picture this: while on assignment, they get involved with North Wind, an elite squad headed up by Benedict Cumberbatch. Also stars John Malkovich. Yes really. (Out 5 December)

7 / MAN TO MAN
"The Wavescape Festival celebrates conservation and adventure sport though a series of films screened at locations around Cape Town. And it all kicks off with a fish fry-off and surfboard market." For dates, go to wavescapefestival.com - STEVE PIKE, FOUNDER

FROM CHILL TO THRILL



8 / Ben Howard
The perma-sad British singer's second album, *I Forget Where We Were,* is the perfect summer evening soundtrack. (**R160**, kalahari.com)



9 / *Far Cry 4*
In the latest in the single-person shooter series, gameplay is so believable that your character can get hypthermia if you land in cold water. (**R800**, kalahari.com)



10 / Hot Summer of Touch 2014
From 14 to 31 December, the beaches of the Western Cape will host the annual touch rugby championship. Enter online at beachtour.touchrugby.co.za

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glide
supernova glide boost
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the endless energy of BOOST.™
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Springbok Rugby Tour,
SuperSport 1HD Channel 201, November



Barclays Premier League,
SuperSport 3HD Channel 203



24-hour Cricket Channel,
SuperSport 2HD
Channel 202

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As seen on DStv [HB 47836/O]

Men's Health Personal Trainer

MHPT

EDITED BY ARTHUR JONES

MHPT KEY:

BEGINNER | ADVANCED | NUTRITION | UPGRADES



BELLY-OFF CHAMPION
Xola Magwaza might not be a cover model (like the guys on page 114) but he trained in the same way to get his ultimate body.

READER SUCCESS STORY:

SIX-PACK SECRETS

Xola Magwaza used a combo of HIIT and weightlifting to get ripped /P78

LOST 35KG!

Get Jacked Instantly!
/P62

Train Like a Navy SEAL
/P66

Speed Up Your Fitness Gains
/P76

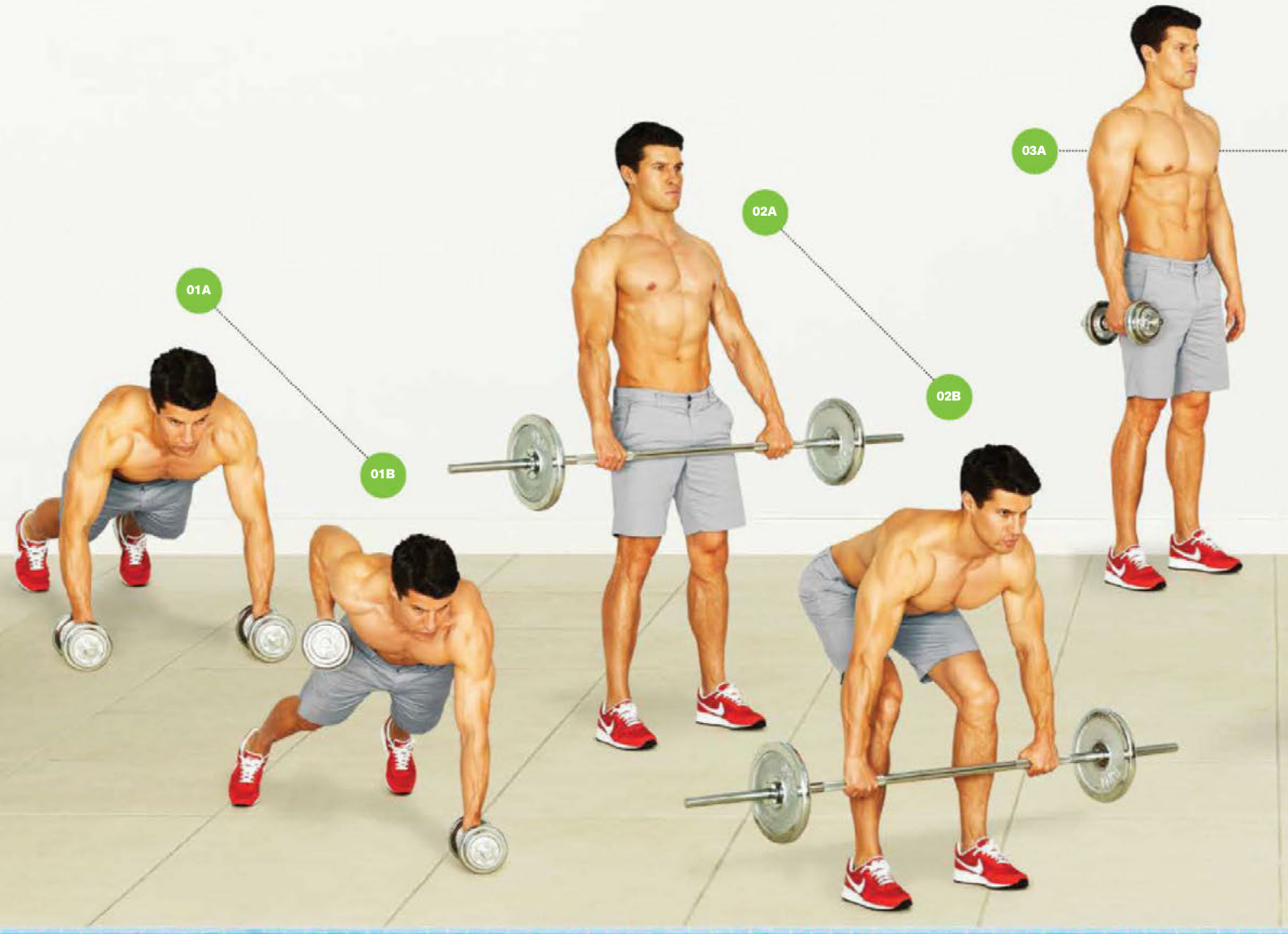
Super 7: Portable Power Tools For Holiday Fitness
/P72

PHOTOGRAPH ALEXIS FOTIADIS

MUSCLE MEALS!

ABS ON A PLATE:
Grill your way to a beach body with these braai-ready powerfoods /P68

BUILD A BEACH-READY



JOIN THE RESISTANCE

There's no time to waste, so compound moves are your express option. **"Training through many movement planes triggers faster growth,"** says conditioning coach Nick Tumminello. **Do this strength session on Mondays, Thursdays and Saturdays for new muscle you can see and feel in just three weeks.**

MUSCLES USED: FULL BODY

TRAINING STYLE: COMPOUND

WORKOUT TIME: 30 MIN

TOTAL CIRCUITS: EIGHT

LEVEL: MEDIUM

CIRCUIT 1: REPEAT x4

01/ RENEGADE ROW
4 SETS OF 10 REPS EACH ARM

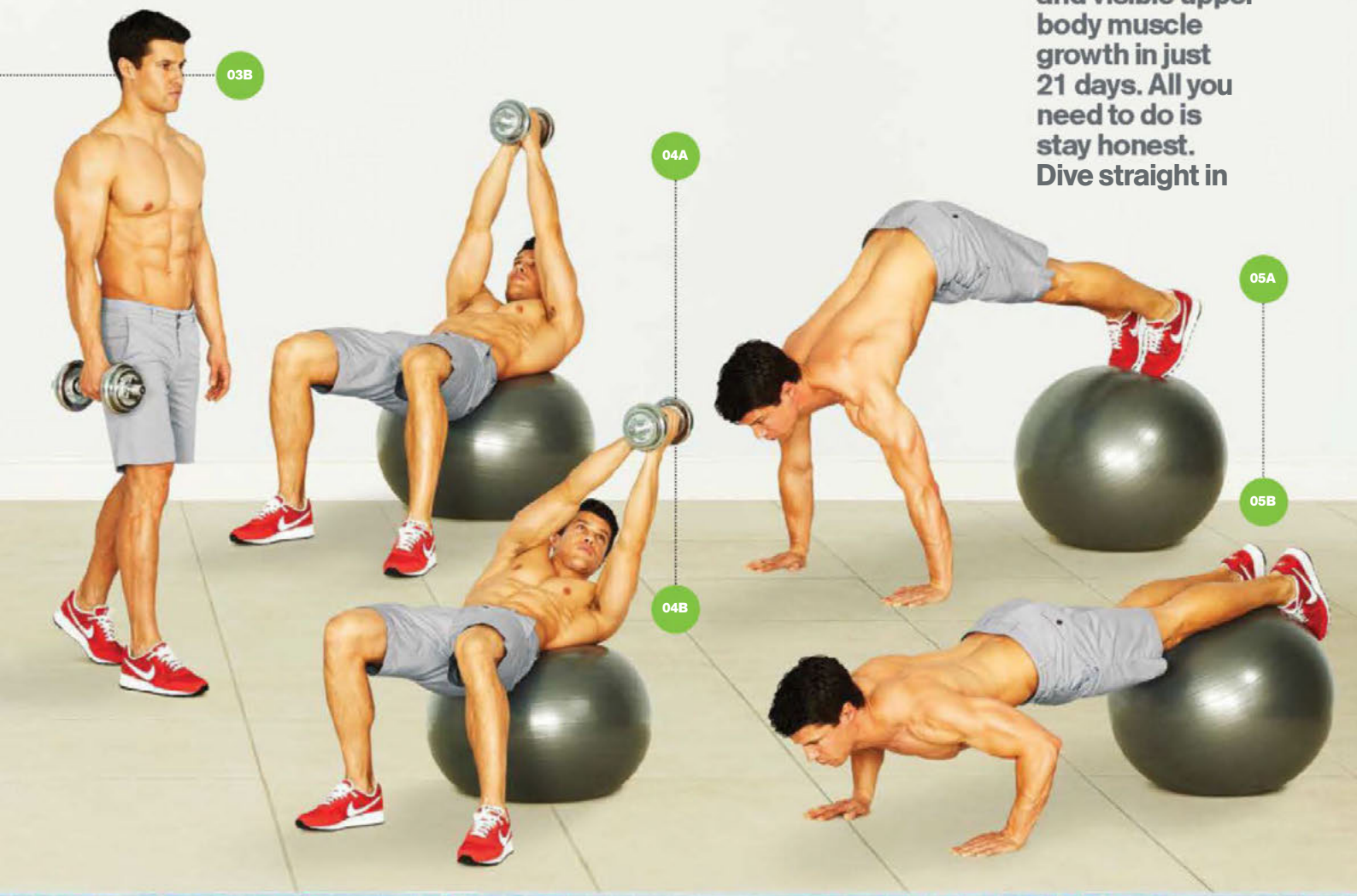
The V shape is always a force to be reckoned with. Rebel against a shapeless physique by dropping into a push-up position with a dumbbell in each hand. Keep your back straight and don't let your hips sag **[A]**. Pull the weight in your right hand to your chest **[B]**, hold for a second then return and swap sides. When you've done your reps, it's time for some deadlifts.

02/ ROMANIAN DEADLIFT
4 SETS OF 6-8 REPS

Big lifts spark a larger surge in muscle-building hormones – the key to quickly unlocking more growth. Bend at the knees and hips to bring your upper body towards a loaded barbell. With an overhand grip **[A]**, use your thighs and glutes to raise it until your legs are straight **[B]**. Take two to four seconds to lower, have a 30-second breather then repeat the superset.

BODY IN 3 WEEKS

Make your summer torso dreams a reality. We've used cutting-edge research to create optimum workouts for fast fat-burning and visible upper-body muscle growth in just 21 days. All you need to do is stay honest. Dive straight in



CIRCUIT 2: REPEAT x4

03/ SINGLE-ARM DUMBBELL FARMER'S WALK
4 SETS OF 45 SECONDS

This works the muscles on the sides of your stomach – or the "Bruce Lee bits" as they're known at the *MH* office. Hold a dumbbell in your right hand and find some space **[A]**. Walk forward normally, with your chest high, chin up and back straight **[B]**. Do this for 30 to 45 seconds, then switch arms and repeat. There's no time to rest – set up the stability ball.

04/ STABILITY BALL DUMBBELL ROTATION
3 SETS OF 12 REPS EACH SIDE

The instability might make this tough, but the challenge of staying solid calls up all the parts of your six pack with potential for quick-fire growth. Lie back on the ball with a dumbbell at arm's length above you **[A]**. Twist your body and lower the weight to one side, until parallel to the floor **[B]**, then reverse the other way. Rest for 30 seconds and go back to the walks.

THE FINISHER

05/ STABILITY BALL PUSH-UP PIKE
4 SETS OF 10 REPS

With your blood pumping, you're going to end by increasing upper-body volume. Get into a push-up position, with your elbows locked, then bend at the waist to walk your toes forwards and form a V **[A]**. Lower to the floor **[B]**, then straighten your arms to return to the start, and repeat. This hits your chest, shoulders and triceps, giving you an express ticket to a tighter T-shirt.

PHOTOGRAPHS PHIL HAYNES

THE COVER MODEL WORKOUT BODYWEIGHT BLAST



NO WEIGHT WORKOUT

HIIT is every PT's go-to fat-burning system, but Supramaximal Interval Training (SMIT) shreds more kilojoules. **"This circuit is tough, so after each sprint your heart rate should be at its max," says Tumminello.** Do this Wednesdays and Fridays and focus on the 3 138kJ you'll blast per session.

MUSCLES USED: FULL BODY

TRAINING STYLE: SMIT

WORKOUT TIME: 30 MIN

TOTAL CIRCUITS: EIGHT

LEVEL: HARD

CIRCUIT 1: REPEAT x4

01/ BASTARD
6 REPS

First, mark out 240m for your sprints – it's time for some full-body abuse to shock your metabolism while you're fresh. Stand with your feet shoulder-width apart, arms straight out in front of you. Squat down **[A]**, then flip forward and shoot your legs back to land in a push-up position. Fire out a push-up **[B]**, then stand and jump. That's one rep. It's not an ironic name, unfortunately.

02/ JUMP SQUAT
6 REPS

Stand square and bend your hips and knees to lower yourself **[A]**. The larger muscles in your lower body will spike your kilojoule-burning. Stop when your thighs are parallel to the floor, then jump as high as you can **[B]**, landing with soft knees.

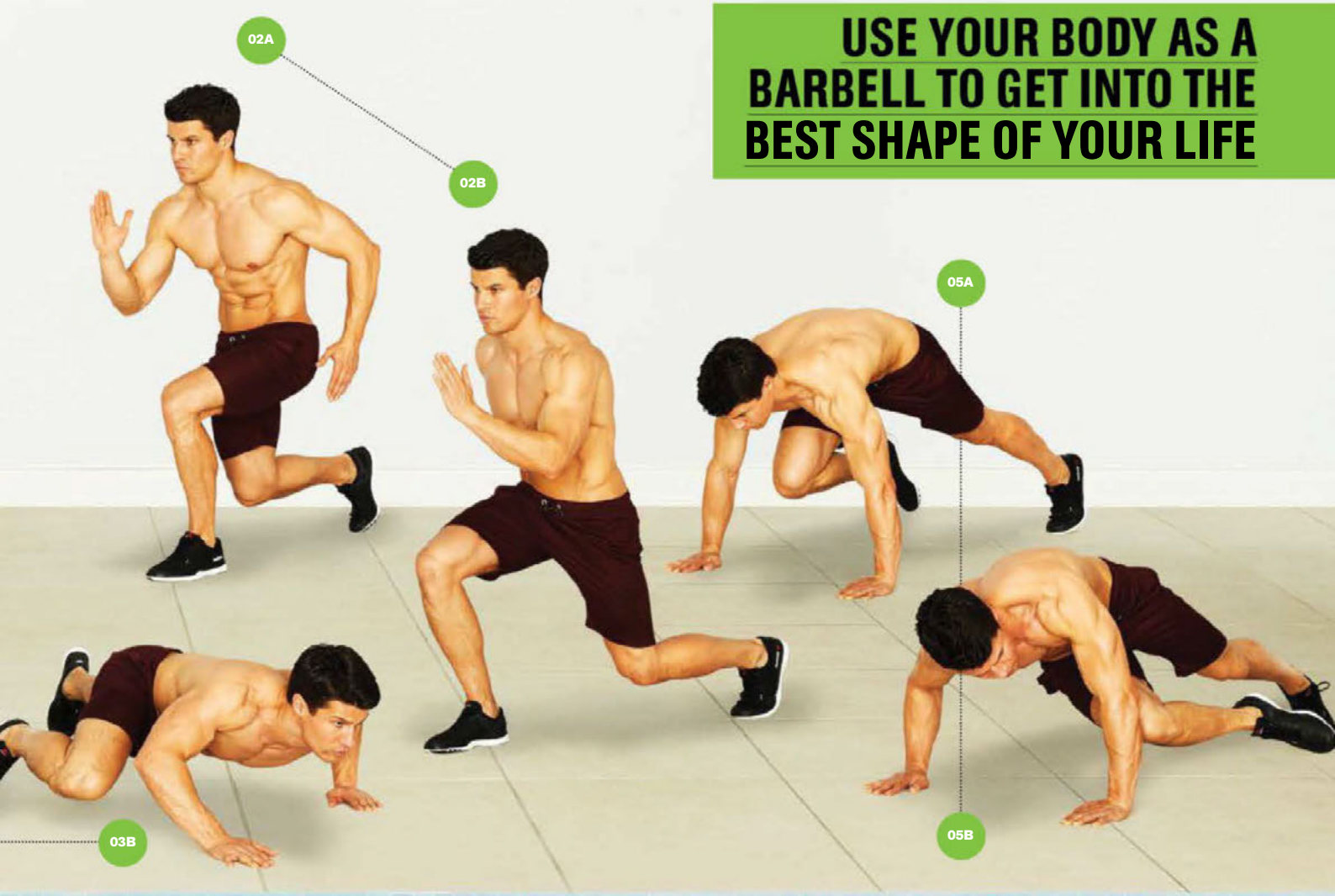
SPRINT

Finish each set with a 240m dash.

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USE YOUR BODY AS A BARBELL TO GET INTO THE BEST SHAPE OF YOUR LIFE



CIRCUIT 2: REPEAT x4

03/ BEAR CRAWL
40 METRES

Time to get grizzly on your love handles. The awkward movement takes the focus off your wobbly legs and slaps it on your abs instead. Drop onto all fours, hands beneath your shoulders, then rise up onto your feet, knees off the ground **[A]**. Move your hands and knees in unison to crawl forwards 20m. Reverse the action to crawl backwards to the start **[B]**. It's hard, but grin and bear it.

04/ JUMPING SPLIT SQUAT
6 REPS

Stand in the lunge position with your right leg in front of you, left leg behind and knees slightly flexed **[A]**. Jump up, then cycle your legs in midair to land with your left foot in front and your right foot behind you **[B]**. It's the last legs move, so stay strong.

SPRINT

If you're blowing, you're doing it right.

THE FINISHER

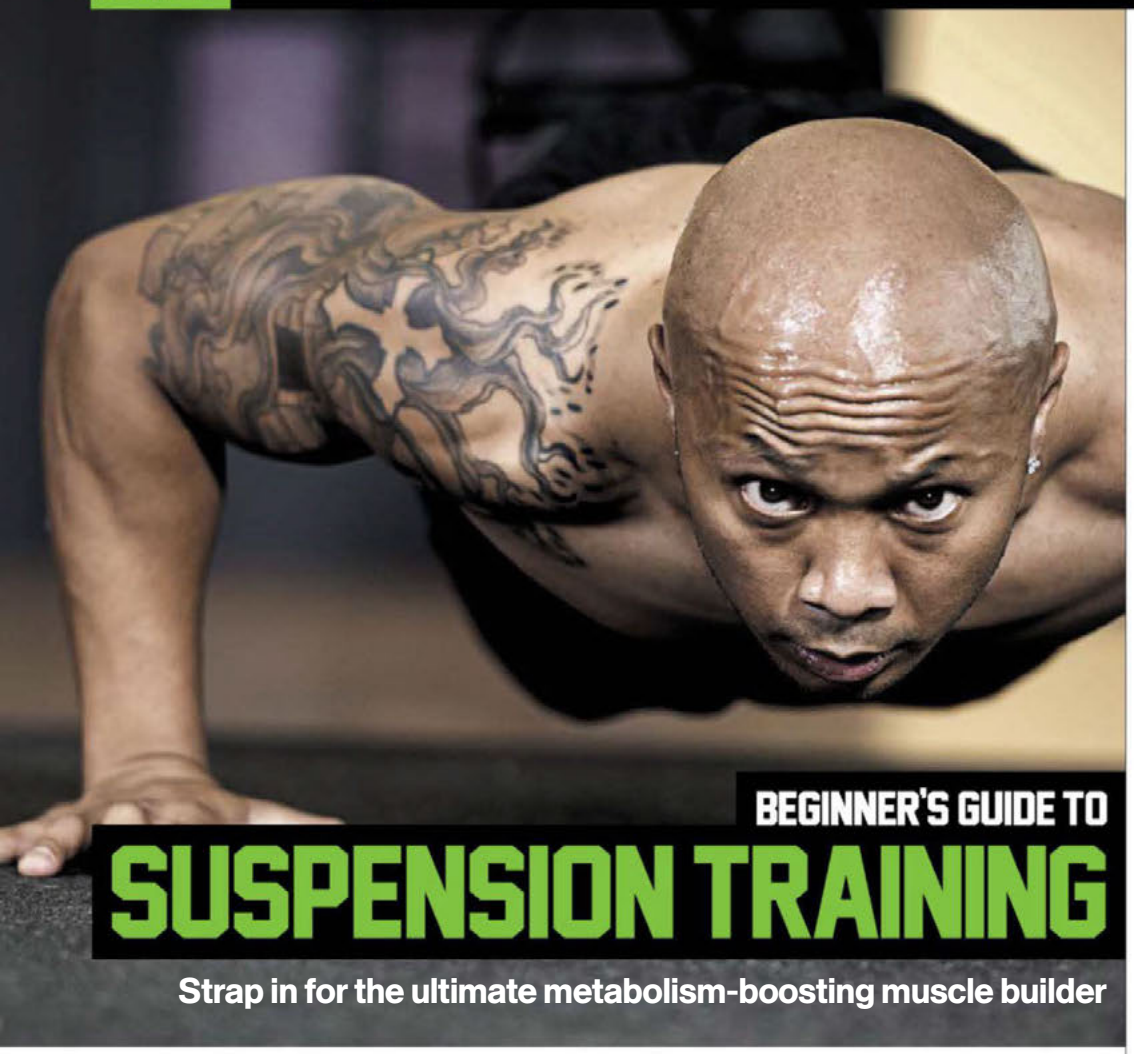
05/ CLIMBER TO CROSSOVER
10 REPS ON EACH LEG

Lie face down. (Fight the urge to sleep.) Support your body, arms straight but not locked. Bring your right knee to right elbow **[A]**. Push that knee to your left elbow **[B]**. Repeat with your left leg. Rest for four minutes, then repeat the circuit.

SPRINT

Power through towards the nearest couch.

SOURCE JOURNAL OF SPORTS SCIENCE



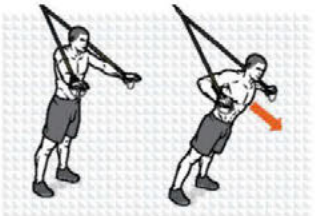
BEGINNER'S GUIDE TO

SUSPENSION TRAINING

Strap in for the ultimate metabolism-boosting muscle builder

DON'T LET THE MINIMALIST DESIGN FOOL YOU: SUSPENSION TRAINERS LIKE TRX OFFER DISTINCT ADVANTAGES OVER barbells and dumbbells. "They're incredibly portable – if you have access to a doorjamb, tree or any other stable anchor, you have all you need for a total-body workout," says Michael Piercy, 2013 TRX Overall Instructor of the Year and owner of The Lab Performance & Sports Science, a New Jersey gym. Plus, by taking exercises off terra firma, you add an element of instability that boosts the challenge to your core and stabilising muscles. The result: faster gains and more real-world strength. "Suspension-training systems bring a whole new dimension to the concept of body-weight training," says Piercy. The key is learning to leverage your body's relationship with gravity.

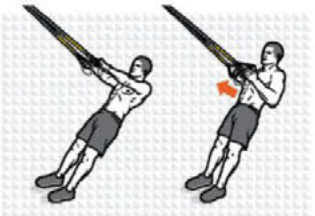
START HERE / THREE MOVES FOR TOTAL BODY BURN



01/ TRX CHEST PRESS

Grab the handles and face away from the anchor point with your feet shoulder width apart. Extend your arms straight in front of your chest and walk back a few steps so your body leans forward. Keeping your body straight, bend your arms to lower your chest until your upper arms are parallel to the floor. Pause, then push back up.

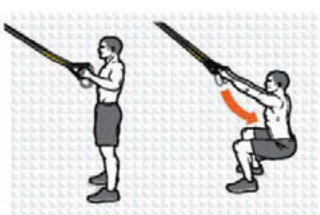
MAKE IT HARDER Walk your feet further back or lift one foot off the floor.



02/ TRX ROW

Grab the handles and face the anchor point with your feet shoulder width apart. Straighten your arms out in front of you and walk your feet forward a few steps so your body leans back. Keeping your body straight, pull your chest to the handles. Pause, and return to the starting position.

MAKE IT HARDER Walk your feet further forward or perform a single-arm row (see "Do It One-Handed").



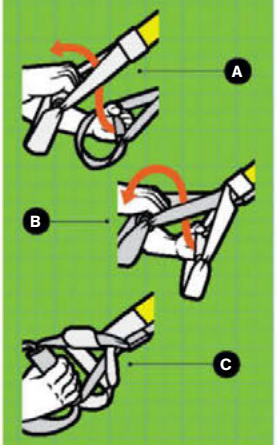
03/ TRX SQUAT

Use the same start position as the row, but instead of extending your arms in front, hold them at 90° angles with your elbows by your sides and the handles at chest level; there should be light tension on the straps. Push your hips back and lower your body until your thighs are parallel to the floor. Reverse the move to return to the start.

MAKE IT HARDER Perform a single-leg squat or add an explosive hop.

COACH'S CORNER

DO IT "ONE-HANDED"



Here's how to combine the handles for single-arm or suspended-leg exercises: Hold one handle in each hand. Pass the bottom handle through the upper part of the top handle **[A]**. Repeat **[B]**, pulling to lock **[C]**.

THE THREE FUNDAMENTALS OF SUSPENSION TRAINING/ LEARN THESE THREE RULES TO MASTER THE STRAPS

01 / Nail the Basics
"You have to earn the harder movements," says Piercy. "Jumping ahead without mastering the fundamentals will give you a shaky foundation, and you won't have the skills you need to maximise your gains from the harder progressions." You'll also be more prone to picking up injuries. Begin with the exercises on the left, then visit mh.co.za/fitness for more.

02 / Lock Down Your Core
Unlike a stable bench or machine, a suspension trainer puts your muscles in a constant battle with gravity. "Gravity always attacks your weakest point," says Piercy. "For most people, that's their core." Fight back by bracing your abs at the beginning of each exercise. That way, you reinforce your spine and boost stability. The payoff: you'll generate more power.

03 / Avoid Friction
"If you don't apply even pressure to both handles, they'll 'saw' back and forth, throwing you off balance and increasing your risk of injury," says Piercy. "Scraping" (that is, when the straps rub against your arms) is another sign of bad form. "If you can't finish an exercise without sawing or scraping, you're probably progressing too quickly," Piercy says.

TEXT KELSEY CANNON **ILLUSTRATIONS** +ISM **PHOTOGRAPH** GETTY IMAGES

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Das Auto.

GRILLER WARFARE

These four dishes offer complete nutrient profiles for any stage of training



FOUR DAYS OF PROTEIN – IN A CAN

BEER CAN CHICKEN

INGREDIENTS

- 1 can beer
- Small knob butter
- 1 tsp mustard
- 3 sprigs thyme
- A pinch paprika
- 1 chicken

METHOD

01 Crack open a can of beer, drink some (the best start to a recipe we've ever read) and splash a bit into a bowl with the other ingredients. This combo of spices will enhance protein synthesis. Rub the mix under the chicken's skin.

02 Stuff the half-full can into the cavity. Wait until the grill is dying down (180° is ideal), sit the bird in an upright, yoga-style pose and shut the lid for 45 minutes. Whether you choose to save it or share with the table is your call.

SERVES Four
PREP TIME 5 min
COOKING TIME 45 min

PROTEIN:	kJ:	FAT:
34g	1452	14g

PHOTOGRAPHS PHIL HAYNES

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AVERAGE THINKS
ALL PROTEIN IS THE SAME

BEAT AVERAGE

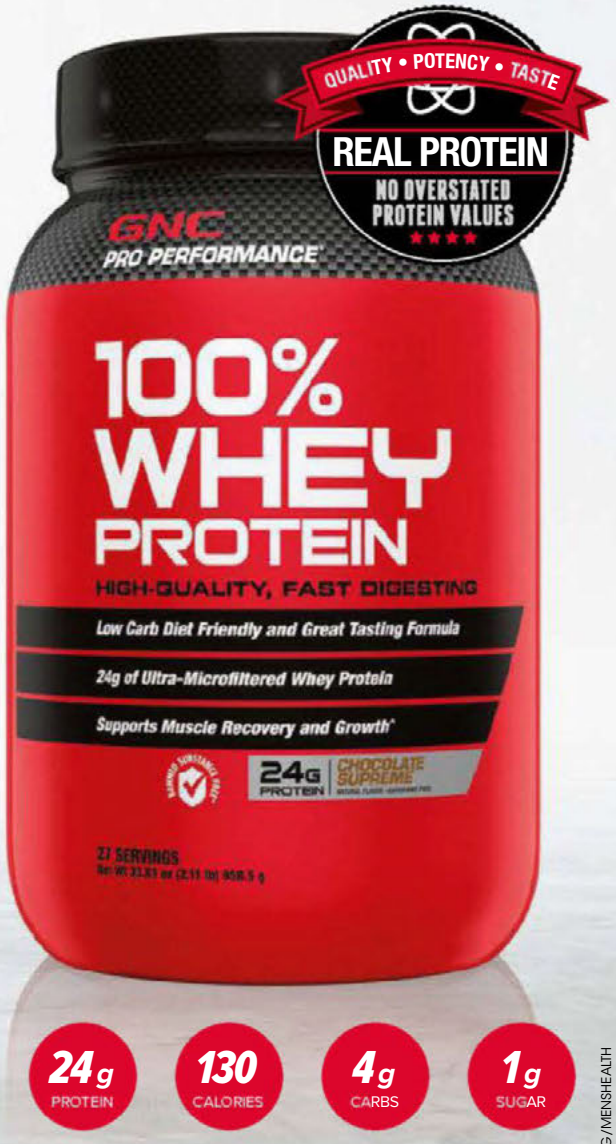
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* When used in conjunction with an exercise program. [+] This product has been tested by HFL Sport Science, a world-class anti-doping lab, for over 145 banned substances on the 2014 World Anti-Doping Agency (WADA) prohibited list via HFL skip lot testing protocol #ICP0307 and has been certified banned substance free. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Beyond the Blue L49302/ENG/MENSHEALTH

3 THAI MASSAGE ON A STICK THAI PRAWN SKEWERS

INGREDIENTS
- 1 large bag raw prawns
- 1 chunk ginger, grated
- 2 cloves garlic, crushed
- 1 chilli, crushed
- Zest and juice of 2 limes
- A few splashes of soy sauce
- ½ a pineapple

METHOD
01 Save the money you would have spent on that masseuse – prawns are rich in potent anti-inflammatories such as selenium and astaxanthin. Put everything bar the pineapple in a Ziploc bag and leave it in the fridge for 30 minutes.
02 Thread the prawns onto skewers, alternating with the pineapple chunks. Bromelain, an enzyme in the fruit, fights post-gym soreness and will help your body digest all that chargrilled protein. Cook until the prawns colour, then dig in.

SERVES Four
PREP TIME 30 min
COOKING TIME 5 min

PROTEIN:	kJ:	FAT:
13g	616	4,5g



5 RECOVERY SHAKE STEAKS ORANGE AND CHILLI STEAK

INGREDIENTS
- 2 large steaks
- 3 cloves garlic, crushed
- Sea salt and black pepper, to taste
- A pinch of cumin
- Juice and zest of 1 orange
- A good few glugs of olive oil

METHOD
01 Forget shakes: recovery steaks are the tastiest way to maximise growth. Along with 36g of protein, these provide antioxidants and omegas for repair. Mix the marinade with the beef, bag it, shake it and refrigerate for 30 minutes.
02 Lay your steaks on the grill and cook for 3 to 5 minutes on each side, depending on how rare you like it. Take them off the heat and wrap in foil. Allow them to rest for 10 minutes or so while you crack open a well-deserved cold one.

SERVES Four
PREP TIME 30 min
COOKING TIME 15 min

PROTEIN:	kJ:	FAT:
36g	1254	8g



4 HAPPINESS FRESH OFF THE GRILL TERIYAKI SPICED PORK

INGREDIENTS
- 4 pork fillets
- 10 splashes soy sauce
- 2 tsp sesame oil
- 2 tsp honey
- 2 garlic cloves, crushed
- A pinch of chilli flakes

METHOD
01 Eat pork to beat afternoon energy slumps: its B vits and magnesium fight fatigue and improve muscle function, while amino acid tryptophan is a powerful mood-enhancer. Marinate with the rest of the ingredients in a bag for two hours.
02 Grill your fillets until cooked through (4 minutes each side). The sauce strengthens this dish's energy-boosting credentials; combining the sugar in honey with chilli and sesame oil is shown to keep your blood-sugar stable.

SERVES Four
PREP TIME 2 hours
COOKING TIME 10 min

PROTEIN:	kJ:	FAT:
32g	1078	7,5g





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Pack these light-weight tools in your travel bag and you'll have a six-pack to go – wherever you happen to be

LOOKING TO GET FIT THESE holidays? Use these take-anywhere tools to sharpen a six-pack and build a cardio engine that'll burn through the heartiest Christmas lunch. All seven products are light enough not to cost you money at the baggage weigh-in, and they'll all guarantee that you end up lighter and leaner by the end of your holiday.



1/ GYMNASTIC RINGS

One of the main reasons why gymnasts are so strong. Throw the straps over a tree branch or roof truss for an instant pull-up, dip and muscle-up station. If you can, invest in the more expensive wood option. **R550** (Plastic rings, straps included, **R1 425** for wood) rebelstore.co.za



2/ TRX HOME KIT

Made famous by Navy Seals, this ultimate portable fitness system will get you special-forces fit. Use the door anchor to set it up in any hotel room, then turn to our Beginner's Guide to Suspension Training feature. **R3 000** (Home kit, **R3 700** for Pro and Force kits) Pentasystems 0860 111 213



3/ REBEL 60KG SAND BAG

Before you ask, no, we aren't telling you pack it with it sand. Take it without any filling to your holiday spot, then fill the two interior fill bags. Don't try this with just any bag – this one has reinforced seams, special handles and material that's engineered to last. **R755** rebelstore.co.za



4/ UMBRO SPEED AGILITY LADDER

Want faster feet and a better cardio engine? Harness the training secret of pro soccer and NFL players by investing in of these cheap sets. You can make up your own combos and tests, but make sure you time them so you can keep track of your progress. **R299** kalahari.com



5/ ALUMINIUM DOUBLE-UNDER JUMP ROPE

Even if you can't do double-unders yet (a good goal for your downtime), this is a cheap, rugged, lightweight option that is the perfect portable engine-builder. Best of all, it rewards good technique with speedy skipping and nails bad form with a sting on your legs. **R160** rebelstore.co.za



6/ VALSLIDES

You've probably seen these floor-sliding pads somewhere before and thought (incorrectly) that they're only for women. Trust us, if you do the exercises properly, they'll torch fat and help you build a stronger core with better functional strength. And they're ridiculously light and easy to pack into a bag. **R998** wantitall.co.za



7/ WABOBA EXTREME

It's not a training tool, it's a toy that bounces off water – but fitness should be fun. Challenge someone to a game of Donkey (drop one, lose a letter). You'll end up moving like a kid again. The Big Kahuna is larger – better for those with slower reflexes. **R80** (Extreme, **R90** for Kahuna) Sportsmans Warehouse



DON'T FORGET THESE...
NIKE ROSHE RUN

When packing space is at a premium, invest in a pair of sneakers that handle social events as well as training sessions. We like these flexible, supportive, lightweight, well-ventilated shoes, and they can be used for a 5km run. They look good too. **R999** Nike 011 256 0700

PHOTOGRAPH GETTY/GALLO IMAGES

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1THREAD_5846_MEN

THE 1-ARM BODY SAW PUSH UP

The standard push-up just isn't enough. Cut out upper-body weakness and take your strength to new, PB-smashing levels

THE BEST EXERCISE YOU'RE NOT DOING

WITH THE BENCH PRESS BEING THE, ER, BENCHMARK of masculinity for most gym bros, push-ups can be as overlooked and unloved as a middle child. That's a mistake: push-ups offer the same upper-body strength benefits, train your core in a more functional way and play less havoc with your shoulders. They also offer increasingly challenging variety – and you won't have to queue for a bench either.

This version vastly increases the difficulty by lengthening the distance you have to travel; it's also unilaterlal (read: one-sided) so it cranks up your core strength demands and rewards. Plus it'll flag and rectify any imbalances you've built under the barbell. Don't be surprised if you find one side harder than the other – or if you see huge improvements in your bigger, sexier lifts, like squats, deadlifts and yes... your bench.

DO THIS!

Do 2-4 sets of 6-8 reps, then switch arms. Add an extra set to your weaker side to see the best results.

WHAT YOU STAND TO GAIN:

- A built, balanced chest
- Solid core, triceps, shoulders



01 / SET UP
Find something suitably slide-y: we like Valslides (**R999** wantitall.co.za) or use a towel on a smooth floor.



02 / SLIDE
In a push-up position, lower yourself down by sliding one hand forwards slowly until your chest is close to the ground.



03 / RETURN & REPEAT
Push up with your other arm and slide back. Keep your core braced, and torso in a straight line; then slide the other hand forward.

PHOTOGRAPH CASEY CRAFFORD

NISSAN

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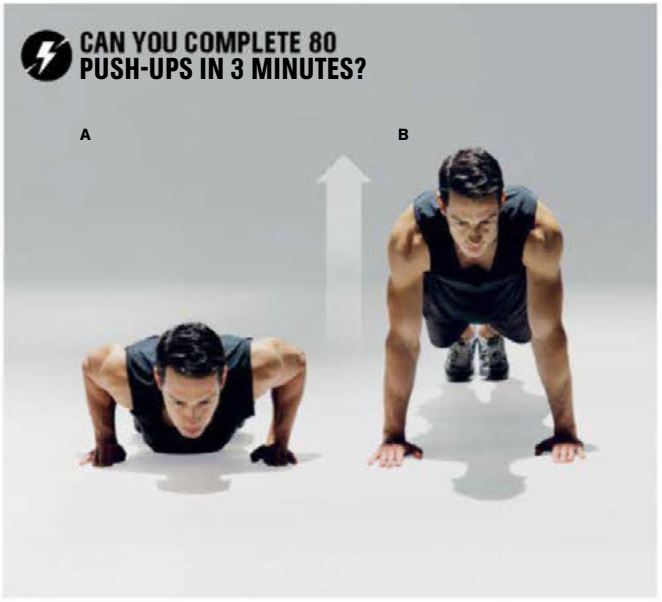
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SPEED UP YOUR FITNESS GAINS

Master any kind of movement by getting the basics right first. Do these four tests: endurance, power, cardio and strength – then train towards becoming superhuman

CAN YOU COMPLETE 80 PUSH-UPS IN 3 MINUTES?



TEST 1: ENDURANCE

This sounds a lot easier than it is. You essentially need to perform 27 push-ups per minute. Break them down into chunks or just try to do them all at once – we'll leave it up to you.

PERFECT FORM

Keep your hips up to make sure your body is straight from shoulders to toes.

CAN YOU DO 50 JUMP SQUATS IN 2 MINUTES?



TEST 2: POWER

You'll start strong and finish all over the place with this one. Jump squats are renowned for having a cliff-like drop-off point: one minute they're a breeze, the next, you're horizontal.

PERFECT FORM

Drop your hamstrings almost to your calves, then take off at least 10cm from the floor.

CAN YOU DO 40 SQUAT THRUSTS IN 1 MINUTE?



TEST 3: CARDIO

This one's all about speed: engage your core and glutes to control the lateral movements backwards and forwards. You'll need a towel at hand. Don't expect to look good in your video.

PERFECT FORM

Spring your legs back, tense, then kick them forwards without dropping at the hips.

CAN YOU PERFORM 20 NO-REST CLAP PUSH-UPS?



TEST 4: STRENGTH

Ever tried clap push-ups? How about 20 in a row? It's a true marker of explosive strength in your upper body. Perform 20 a few times a week to see dramatic improvements.

PERFECT FORM

As your chest nears the floor, launch upwards and clap under your chin.

TEXT TOM HALL **PHOTOGRAPHS** JAMES GARAGHTY



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LOST 35KG!

WRITING OFF BAD WEIGHT

Sports writer Xola Magwaza used HIIT and a strict nutrition plan to get into the best shape of his life

THE BELLY OFF! CLUB



AGE
26

LOCATION
Sandton

OCCUPATION
Sports Writer

HEIGHT
1.70m

WEIGHT BEFORE / AFTER
110kg / 75kg

TIME TO GOAL
26 months

THE GAIN After I was diagnosed with severe asthma and forced to forget my dreams of becoming a pro soccer player, I gradually became a couch potato. Completely unaware that I was eating far more than the average person should, I ate my way to 110kg. I also wasn't getting any exercise, and I managed to pack on 33% body fat in the process.

THE CHANGE I just reached breaking point. Something in me clicked and I stopped feeling sorry for myself. I took "before" pictures of my body, did all my measurements and set goals that I felt were attainable. I got a big wake-up call when I looked at pictures from my teen years; I realised it was going to be a mission to get into shape, but I was determined to make it happen. From that moment on, I knew my lifestyle had to change.

THE STRATEGY My dietician, Jenny Meyer, made a plan that suited my needs and lifestyle. I gave up all forms of junk food, cake, sweets and sugary juices for a full year – and I'm still going strong. I started learning about weightlifting and cardio exercises, to make sure that what I was eating complemented what I was doing in the gym. I stuck to a rigid bodybuilding style of training, going to the gym six times a week and using HIIT for 45 minutes each session. What was also crucial was the timing of my meals, and what I ate before and after gym. Now, I prefer eating six or seven times a day: either four full meals and three snacks, or vice versa. Supplements also played a role, although I kept it simple, with whey protein before gym and BCAAs during (and sometimes after) sessions.

THE REWARD I can finally wear some of the clothes that have been catching dust in my cupboard for years. I stopped making excuses for not swimming, and now feel more confident when I go to the beach. I aim to bring the same mindset and dedication to other areas of my life.

THE RESULT I've lost 35kg and dropped 18% body fat. At one point, my jeans were a 40 and some of my shirts were up to XXL. Today, I'm rocking size 30 pants with medium tops, I'm fitter than I've ever been and my girlfriend loves the fact that I don't have to wear the same clothes over and over.

We want to hear your weight loss and personal success stories! Email us at tellmh@media24.com

COACH'S CORNER

What is HIIT?
High-Intensity Interval Training (HIIT), also called High-Intensity Intermittent Exercise (HIIE) or Sprint Interval Training (SIT), is an advanced form of interval training that uses alternating periods of short, intense anaerobic exercise with recovery periods. These sessions can vary from four to 30 minutes and come with huge benefits: they build muscle and speed up your metabolism, burn fat, improve your energy systems and turn you into a better all-round athlete. There are a number of different kinds of HIIT, the famous ones are known as regimens (some examples are the Timmons regimen, the Peter Coe regimen and the Gibala regimen) but the most popular is the Tabata protocol, created by Professor Izumi Tabata. It's basically 20 seconds of exercise followed by 10 seconds of rest, repeated eight times (which covers a total of four minutes). You can use this routine in almost any kind of training, and your training session will be much shorter.



WIN! COULD YOU BE THE NEXT BELLY OFF! WINNER?

The next winner earns a **Reebok RealFlex apparel hamper worth R3 000**, including groundbreaking running shoes that deliver a "sock-like" feel and promote natural movement. Visit reebok.co.za for info.

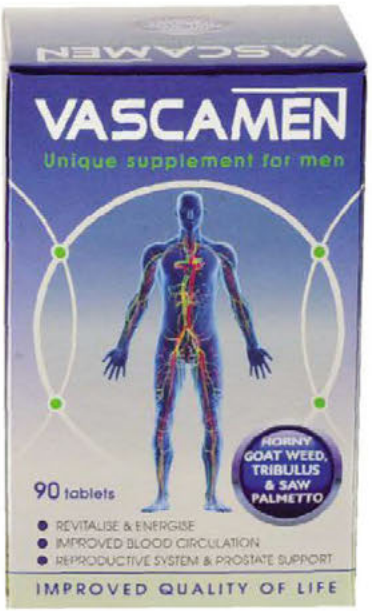
PHOTOGRAPH ALEXIS FOTIADIS



For most of us, it doesn't take much to be turned on **sexually.** Sometimes, however, we can have difficulty in responding **physically.** Many men experience a loss of sexual desire or insufficient erections. This is nothing to be shy about. It can be caused by stress, ageing or tiredness or physical conditions like poor blood circulation.

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BY
MARIA MASTERS
AND K. ALEISHA FETTERS

"HOW DO I DROP KILOS FAST?"

You've got flab, we've got solutions. Our fat-fighting experts answer nine common weight-loss questions



1

I like my beer but not my belly. How many kilojoules can I drink in a day?

Count your kilos just as you budget your money. It's one part of your decision-making pie. (Mmm... pie.) If you're on an 8 400-kilojoule (or 2 000-calorie) diet, which is a good goal for a guy who works out three days a week and wants to lose weight, you can take in 835 to 1 675 "anything" kilojoules a day. But according to a study in the *American Journal of Clinical Nutrition*, men eat more (and make worse food choices) if they drink alcohol. David Levitsky, a professor of nutritional sciences at Cornell University, says even a slight buzz makes you focus on immediate gratification (food), not long-term goals (weight loss). He recommends eating a snack rich in protein and healthy fats, such as nuts, before your first sip. That will keep your blood sugar levels steady, slow the absorption of alcohol and help fend off those postdrinking pig-outs. In any case, you'll want to limit your alcohol intake to no more than four drinks a day, or 14 a week, to avoid trouble.

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Reference: 1. Data on file. ID no: 3998.

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"When you're really hungry, you crave highly caloric food."

2

I'm trying to lose weight with replacement meals. There has to be a better way of doing this. Right?

Right. Invest in a skill. Namely, cooking. That's the key to a lean body and fat wallet – cooking your own food lets you control how many kilojoules and what nutrients you're eating, says registered dietician Lindsay Martin. A recent Harvard School of Public Health analysis claims that replacing snack foods and refined grains with healthier foods – fruits, vegetables and fish – costs about R15 extra per day. Martin swears by what she calls "cross-utilisation": buying some simple, healthy staples and using them in as many meals as you can think up.

BUY THIS, MAKE THAT

Keep these 11 foods handy, and healthy meals are a snap

PEPPERS, BERRIES, BROCCOLI, CHICKEN, CHICKPEAS, EGGS, GREEK YOGHURT, MIXED GREENS, QUINOA, SALMON, WALNUTS

CHOOSE A DISH

1 / SAUTÉ BROCCOLI AND PEPPERS; COMBINE THEM WITH A FEW EGGS FOR AN OMELETTE.

2 / WILT GREENS IN COOKED QUINOA AND TOP WITH NUTS AND PEPPERS.

3 / EAT BERRIES WITH YOGHURT FOR SNACKS AND DESSERTS.

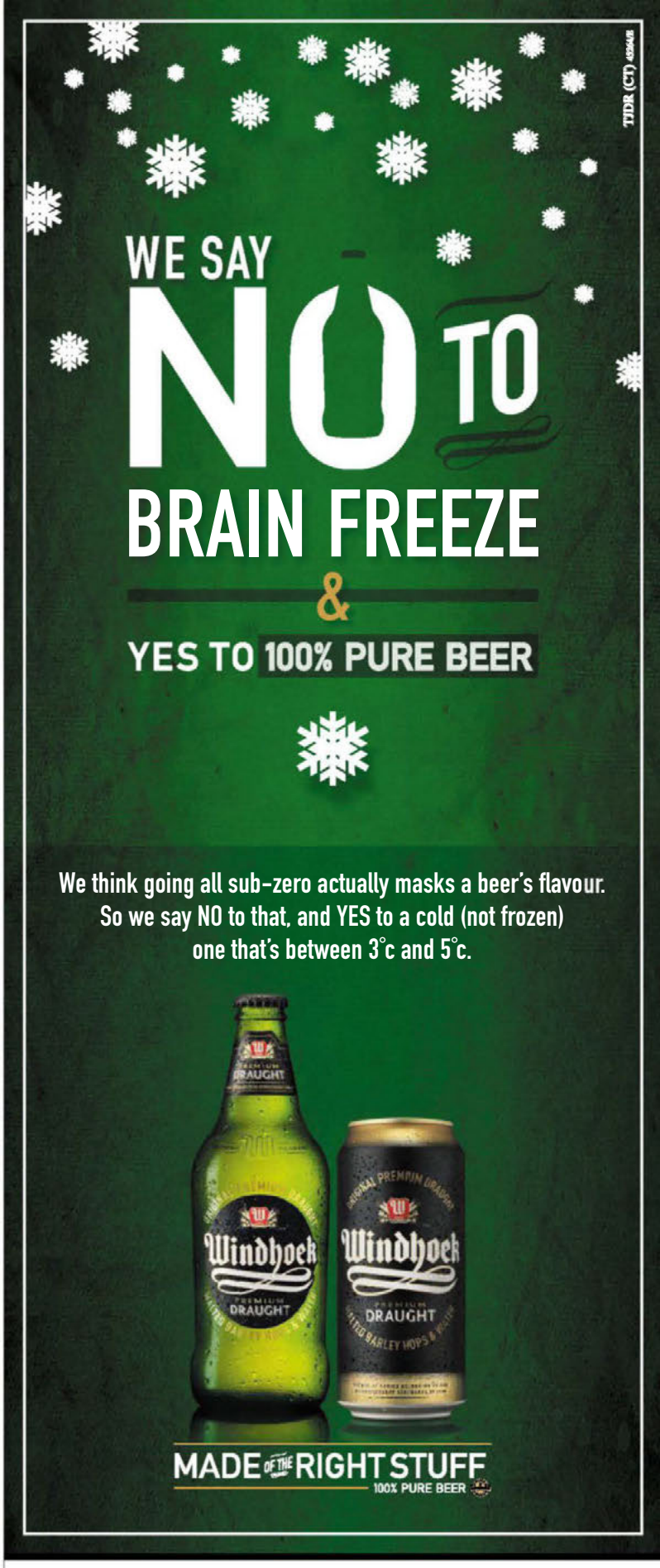
4 / SEAR SALMON IN A PAN AND SERVE IT WITH SOME STEAMED BROCCOLI AND QUINOA.

5 / BAKE SALMON, TOP WITH A DOLLOP OF GREEK YOGHURT MIXED WITH CHIVES, AND SERVE OVER MIXED GREENS WITH NUTS, BERRIES AND QUINOA.

3

I tried to cut out sugar and went crazy with cravings. What can I do?

It's all in the timing – when you eat and how slowly you kick the habit. "You're hardwired to crave sugary foods because they have readily available kilojoules," says Dr Yoni Freedhoff, author of *The Diet Fix*. "When you're really hungry, you crave highly caloric food. It's a physiological response as well as a psychological one." So avoid the cupcake binge by eating to minimise hunger: plan three well-balanced meals and two snacks a day that include plenty of protein, which has a higher satiating power than fat or carbs. Now make another plan to gradually cut the sweet stuff. If you abruptly slash your sugar intake by half, your palate will freak out, says Freedhoff. Set a goal to cut your consumption by 10% a week; in five weeks, you'll hit that 50% milestone. First, target liquid sugars: you can swap in a diet soda for regular at first, but try to switch to just water or tea. Next, look at the added sugars in your diet and start replacing them with lower-sugar alternatives. Craving an afternoon sweet kick? Try a protein bar instead. If you're salivating over ice cream, try Greek yoghurt with fresh fruit or a frozen banana. "A lot of the time, it's less about the food itself than it is the habit of eating and the reward that comes along with it," says *Men's Health* nutrition advisor Professor Mike Roussell. "You can keep the habit but cut out the sugar."



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FOR WOMEN: iROZI

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"Junk food should not take up more than 20% of your daily kilojoules."

4

To crank up metabolism, what's more important: diet or exercise?

Actually, your genes are, but you can fine-tune your metabolism. Muscle burns more kilojoules than fat does, explains Professor Diana Thomas, director of the Center for Quantitative Obesity Research at Montclair State University. The best way to increase muscle and decrease fat is with High-intensity Interval Resistance Training (HIRT), says Thomas. HIRT builds muscle and burns fat – and continues even after you leave the gym. In one recent Italian study, lifters doing HIRT burned 18% more kilojoules 22 hours after exercising than guys who did traditional strength training.

5

How much harm can a plate of *slap* chips do?

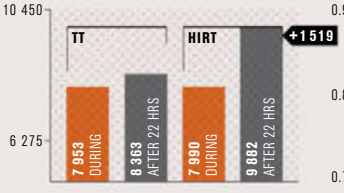
Perhaps none – and it may even help you lose weight. Weight loss is a marathon, not a sprint, and of course you'll indulge. But you've just used up your daily kilojoule allowance. "Your junk-food allotment shouldn't take up more than 10 to 20% of your total daily kilojoules," says *MH* nutrition advisor Alan Aragon. Let's do the maths: on an 8 370kJ diet, that's 835 to 1 675 on a splurge item. A medium order of chips or fries can run about 1 675kJ, and keep in mind that it's also a starch infused with unhealthy fats. But if you deprive yourself of the foods you love, you might be more likely to binge later on, says Aragon.

HIRT SO GOOD

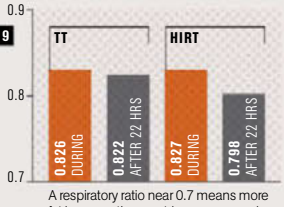
High-intensity Interval Resistance Training is the key to firing up your fat-burning furnace. Don't worry – this approach has rest built in

	TIME	EXERCISES	WEIGHT	PROTOCOL
HIRT	32 MINUTES	3 EXERCISES, 7 SETS	80 TO 85% OF 1-REP MAX	DO 6 REPS, REST 20 SECONDS; DO 2 TO 3 REPS, REST 20 SECONDS; DO 2 TO 3 REPS. THAT'S 1 SET. DO 7.
TRADITIONAL TRAINING (TT)	62 MINUTES	8 EXERCISES, 4 SETS	70 TO 75% OF 1-REP MAX	DO 8 TO 12 REPS, REST 1 OR 2 MINUTES. THAT'S 1 SET. DO 4.

KILOJOULE BURN PER DAY



RESPIRATORY RATIO



A respiratory ratio near 0.7 means more fat burn; a ratio near 1 burns more carbs.

Source: *Journal of Translational Medicine*



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6

So many diets are out there! Which is the best one to lose weight on?

No single diet works for everyone. In fact, scientists are starting to tire of fad diets altogether. Reason? They're just plain unappealing. "People should avoid any diet plan that tells them to needlessly avoid food groups," says Aragon. "The best diet is the one you can actually stick to, and it should be individualised to your personal preferences." If you pick a diet that excludes, say, bread, and you *love* bread, you're likely to cave in to your craving and blow off the diet entirely. Healthy eating pulls from all the food groups – but in moderation. The research is backing up that approach. A new Yale University review looked at some of the most popular diets – Paleolithic, low-fat/vegetarian, low-carb, Mediterranean and others – and found that none produces superior weight-loss results. Check out the chart below and borrow the strategies that work for you. Skip the ones that don't.

7

What's a safe way to drop kilos quickly? Do prescription pills help?

First of all, a safe weight-loss rate is 0,5 to 1kg a week. Any faster and you'll lose both fat and muscle. And if you regain the weight quickly, as often happens with lose-weight-fast diets, you could end up with a higher percentage of body fat, says Holly Herrington of the Center for Lifestyle Medicine at Northwestern University. The best way to slim down is to eat fewer kilojoules (with lots of healthy fruits, vegetables, grains and lean proteins) and exercise more. You should include both cardio and muscle-strengthening workouts, 45 to 60 minutes a day most days of the week. It's as simple as that. And don't even think about a prescription short-cut to get buff for the beach. Those prescription meds are intended for clinically overweight and obese people. If you're seeking weight-loss help through medication, check with your doctor first – those meds can pose serious health risks.

DECODE THE DIETS

● PLANT FOODS ● HEALTHY FATS ● NO PROCESSED FOODS ● WHOLEGRAINS ● LEAN MEATS ● SEAFOOD

	PROS	CONS	STEAL THIS
PALEO ● ● ● ●	IT'S SIMPLE. MINIMISES PROCESSED FOODS AND EMPHASISES PLANT FOODS AND LEAN MEATS.	RESTRICTS DAIRY AND WHOLEGRAINS.	AVOID STUFF IN WRAPPERS. REFINED AND PROCESSED FOODS TEND TO BE CALORIC BUT NOT SATIATING, REPORTS A RECENT HARVARD UNIVERSITY STUDY. PALEO FANS SNACK ON NUTS AND SEEDS, A SMART STRATEGY GIVEN THAT A NEW STUDY FROM SPAIN REVEALS THAT NUTS' AND SEEDS' HEALTHY FAT CONTENT MAY HELP MAKE YOU FEEL FULL.
LOW-FAT/ VEGETARIAN ● ● ● ●	PROMOTES VEGETABLES AND FISH AND RESTRICTS FAT.	LEAN MEATS LIKE CHICKEN, WHICH MAY BOOST SATIETY LEVELS, ARE LIMITED, AND SO ARE HEALTHY MONOUNSATURATED FATS.	INCORPORATING MORE FIBRE INTO YOUR DIET WITH MORE VEGETABLES, WHOLEGRAINS AND LEGUMES IS A PROVEN WAY TO HELP YOU LOSE MORE WEIGHT.
MEDITERRANEAN ● ● ● ● ●	EMPHASISES HEALTHY FATS, LIKE OLIVE OIL, AND WHOLE FOODS, SUCH AS PRODUCE, WHOLEGRAINS AND FISH.	LOW ON RED MEAT.	A LANDMARK STUDY IN THE *INTERNATIONAL JOURNAL OF OBESITY* FOUND THAT MEN WHO EAT THREE SERVINGS A WEEK OF LEAN FISH (LIKE COD) OR FATTY FISH (SALMON) LOSE MORE WEIGHT ON A DIET THAN THOSE WHO DON'T. BUT WHY STOP AT THREE?

8

What's the best exercise to blast midsection flab?

You can do crunches all day, but you won't whittle your middle with a move that targets only your abs. You need to torch fat all over. "The kettlebell swing is great because it's a power-building exercise that can also be a metabolism-cranking workout," says *MH* fitness advisor B.J. Gaddour. To work your whole body instead of just your legs, trade 30 minutes on the treadmill for a half-hour kettlebell routine. You'll hike your heart rate higher and burn about the same number of kilojoules as you would walking 6,5km per hour at a 4% grade, a study in the *Journal of Strength and Conditioning Research* found. For a carved core, try single-arm swings. "Your core muscles have to work harder to resist all the tilting and turning forces around your spine," explains Gaddour.

SWING OFF FAT

Stand with your feet shoulder-width apart and knees slightly bent. Grab the kettlebell with one hand and hold it straight out in front of your waist. Keeping your back flat throughout the movement, swing the kettlebell between your legs. As you let the kettlebell swing up to chest level, thrust your hips forward, squeeze your glutes and keep your arm straight. That's 1 rep. Swing the weight back and forth for 30 seconds.

YOUR ZERO-TO-500-SWINGS PLAN

1 / START WITH A GOAL OF 100 SWINGS AT LEAST THREE DAYS A WEEK. DO TWO SETS OF 20 WITH 30 SECONDS OF REST BETWEEN SETS, THEN FOUR SETS OF 15 WITH 30 SECONDS OF REST BETWEEN SETS.

2 / EVERY WEEK ADD 25 SWINGS. AFTER 16 WEEKS YOU'LL BE AT 500, AND YOU SHOULD SEE MUSCLE GAINS AND WEIGHT LOSSES ALL OVER YOUR BODY.

9

I run six days a week, but my belly is still there. What am I doing wrong?

Um, running? Your dedication to distance running is admirable, but if that's your main weight-loss activity, it's time for a rethink. Consider mixing some weightlifting days into your schedule [see question 5] and incorporating lots of explosive exercises into your routine [see question 8]. But you're a runner, and we get that. We also know that lots of fitness-loving guys tend to overestimate their kilojoule burn and as a result end up doing too much of the same training. To compound the problem, they'll then reward themselves with excessive recovery meals, says exercise physiologist Janet Hamilton. If you're sticking to running, Hamilton says, it's a matter of mixing things up: "To build your body so it can tolerate longer and harder bouts of exercise – and burn more kilojoules – mix up your training with hard and easy days." Here's Hamilton's prescription.

GO HARD, GO EASY

Logging lots of miles at the same pace isn't the best way to lose weight – or run a PB. Use this weekly calendar to vary your runs and throw in some yoga and weights too

- **S** **HARD.** 10 TO 13KM AT A PACE WHERE IT'S EASY TO CONVERSE IN SENTENCES.
- **M** **EASY.** YOGA, TAI CHI OR ANOTHER TRAINING THAT SPEEDS MUSCLE RECOVERY.
- **T** **HARD.** 6,5KM AT A PACE WHERE YOU CAN STILL CONVERSE IN SENTENCES. RUN HILLS IF YOU LIKE, BUT THEY'RE NOT MANDATORY.
- **W** **EASY.** 3KM AT A RECOVERY EFFORT.
- **T** **HARD.** 6,5KM; MAY INCLUDE UP TO 1,5KM AT A 10K-RACE EFFORT IN THE MIDDLE.
- **F** **EASY.** GENERAL STRENGTH TRAINING WITH BODY-WEIGHT RESISTANCE.
- **S** **REST.**

MH

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BY
AMY RUSHLOW

A NEW GIRL EVERY NIGHT

There's a tiger inside her. And a clown too. With a little coaxing, she may play along – and the fantasies will last all year



COSTUME PARTIES – BE IT HALLOWEEN, a birthday or New Year's Eve – prove that women can make anything look sexy: a nurse's outfit, police uniform, a nun's habit (especially a nun's habit). Whatever your preference, there's very likely a woman somewhere who's willing to finish it off with fishnets and a low-cut top. And now's the time to bring up your fantasies: the year-end party season gives both of you cover, explains psychologist and therapist Karen Sherman. "Anytime she's in costume, taking on another identity feels safer," she says. "And that gives you permission to embrace it." Try this four-step plan to bring out her wild side, no matter what the occasion.

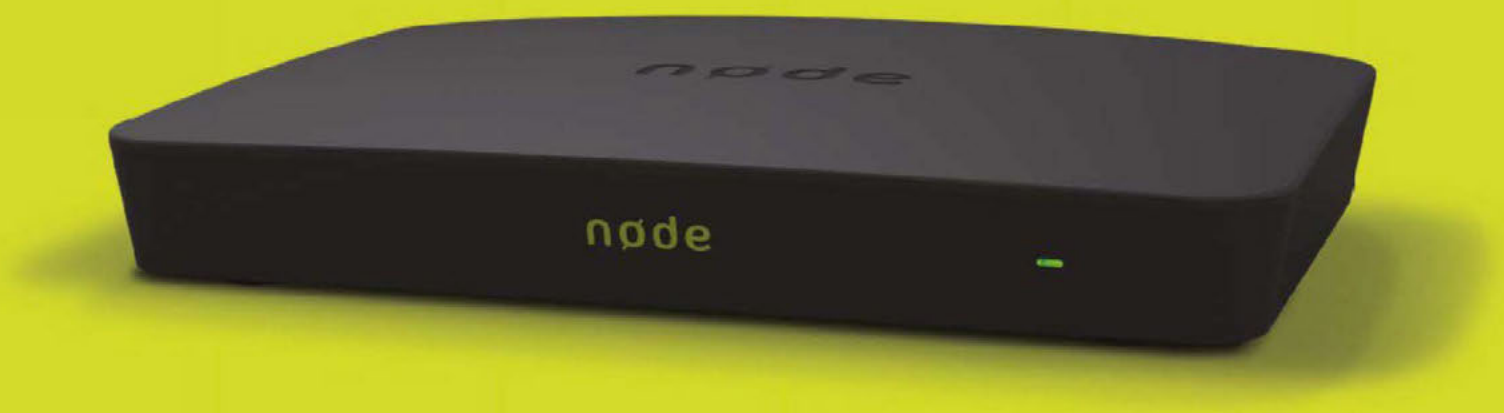
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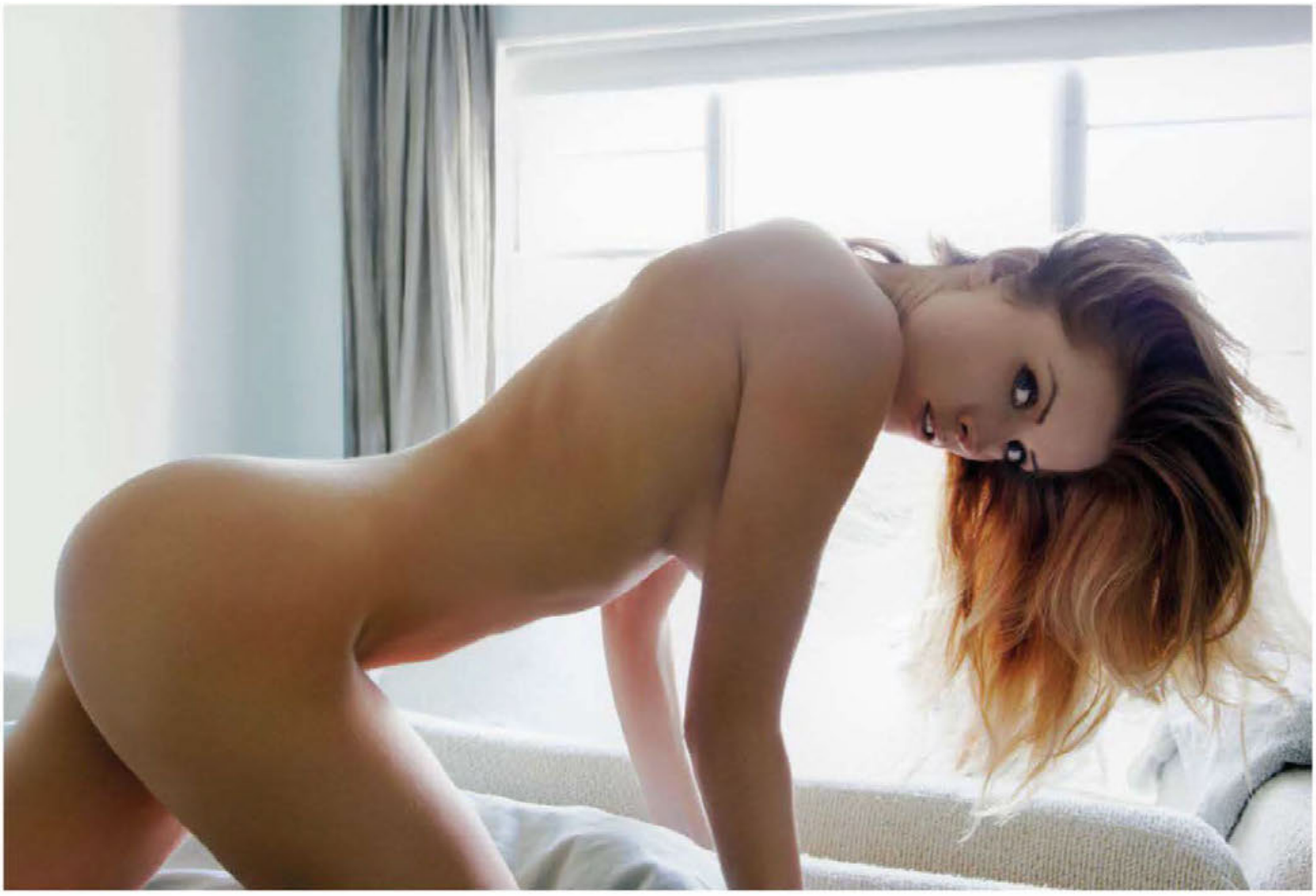
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1

Jump-Start Her Fantasy

"Gauge her interest. It's important that she doesn't feel pressurised. That'll kill her arousal," says clinical psychologist William Picker. "You might ask, 'Have you ever thought about dressing up?'" University of Michigan research found that when a woman just thinks about a sexual fantasy, she releases testosterone, which is linked to desire, within 15 minutes. Fantasies tend to be specific, so consider selecting costumes together, says Dr Stephen Snyder, a sex therapist. "She may love being a French maid, but what's hot to you may be tacky to her, and vice versa," he says. What, was the feather duster too much?

2

Commit to a Character

The costume is just a start. Now you need to actually execute the fantasy. Begin with some gentle reassurance: tell her how sexy you think she looks in that chef's get-up, or how much you dig her faux French accent. These compliments add up: "There's an old saying: 'The better part of desire is being desired'," says Picker. "Nothing is hotter than seeing lust in your partner's eyes." But remember, one night of role-play won't revitalise an otherwise dormant sex life. "Great fantasy requires that you already have a sexual charge going," Snyder says. "It's a way of celebrating your attraction to each other, not creating it."

3

Maintain Some Mystery

Now for the easy part: the positive reinforcement. The next morning, tell her how amazing you thought the night was, says Picker, and leave it at that. In the meantime, just allow the memory to simmer – it will leave both of you wanting more. "Fantasies take their power from the fact that they're things we dream about," Snyder says. "If they happened with any regularity, they wouldn't be as special." In other words, there's no need for in-depth post-game analysis. Patience will lead to the payoff. "Slip in a reminder, like 'Remember last year's end-of-year function?'" he says. And that, of course, is the best time to spring an erotic new idea on her.

4

Raise the Sexual Stakes

Don't just send the costumes to the dry-cleaner. What started with dress-up should lead to more creative experiments. Shared secrets, for instance – especially when you're doing something others may disapprove of – can be a potent aphrodisiac, says Picker. So you might try a subtler move, such as asking her to wear lingerie under her work attire or surprising each other with X-rated Snapchats when you're apart. Fantasy, Picker adds, can also open the door to kinky new directions. Forty-seven percent of women, in fact, have tried bondage during foreplay and intercourse, according to a 2012 survey by the Swedish sex toy brand Lelo.

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BY
PAIGE FOWLER

WHERE SKIN CANCER IS HIDING

To beat melanoma, you need to look in some strange places



NAVEL-GAZING MAY BE A WORTH-while pursuit after all. Just ask dermatologist Dr Vivian Bucay. In 2006, at age 45, she noticed a patch of dry, white, flaky skin on her belly button that didn't wash away. Curious, she took a biopsy of some flakes, expecting psoriasis, or eczema at worst. She was shocked when the pathologist called with the test results: melanoma. Further tests revealed that the cancer had spread to her lungs.

Bucay's chances of survival were so low – just 3% – that she entered clinical trials in the US for an experimental treatment. The long-shot gamble paid off: she's been cancer-free for seven years. Today, she's warning the rest of us that what happened to her was no fluke. "About 50% of melanomas don't start as pre-existing moles that change over time," Bucay says.

Here's another sneaky thing about melanoma: it can lurk in unlikely places, even on your nails and in your eyes. This is one mean disease. But while Bucay needed luck to survive it, you don't have to cross your fingers: turn the page for this summer's most essential beach reading.

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Charge Your Phone Twice As Fast

Phones are getting smarter, but unfortunately, batteries aren't. Use these steps to get your phone fully charged in half the time (even if you're using a car charger), so you can go back to taking holiday snaps.







1 Step One

Go dark. Start with smartphone triage: decide on the apps that you need open, and then close everything else. First prize is to have all apps off and just the operating system running. Disable any auto-brightness settings and turn down the levels. Some phones come with their own clever energy-saving modes, so do some exploring.

2 Step Two

Turn on Airplane mode. This turns all incoming and outgoing signals off while leaving the phone on. Granted, you could turn it off completely, but then you waste a lot of energy turning it on and off, and some phones won't show the charging status. Keep it out of direct sunlight and off a hot dashboard to help it charge faster.

3 Step Three

Use a tablet charger. Remember the charging hierarchy: wall plugs first, then car and USB chargers. If you own a tablet, check the power cord – it may work for your smartphone too, and then it'll be twice as powerful as the phone charging cable. And look after your battery to improve its life. Do at least one full charge cycle every month.



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Your Back

There's nothing quite like the feeling of the warm sun beating down on your back after a long winter of hibernation. But there's also nothing like a cancer diagnosis: the back is the number one area where melanoma pops up on a man's body, according to University of Pennsylvania research. And that sudden dose of sun may be responsible, says Dr Clifford Perlis, a dermatologic surgeon at the Fox Chase Cancer Center in Philadelphia. "For reasons that aren't yet fully understood, getting blasted with short bursts of intense sun, like when you take off your shirt at the beach, is associated with changes in cells that can lead to melanoma," he explains. "Chronic, prolonged exposure to your face, arms and hands, however, is more likely to lead to nonmelanoma skin cancers."

DEFENCE Anytime you plan to go shirtless, first slather your body with enough broad-spectrum sunscreen (SPF 30 or higher) to fill a shot glass, Perlis advises. [See this issue's Summer Grooming Guide for powerful protection options.] Since spots on your back are easy to miss, ask someone to lend a hand. And make sure you bring the bottle with you. A University of Minnesota study suggests that 90% of people don't reapply sunscreen as often as they should. All of that said, there are times when you shouldn't bare your back at all. For outdoor sports like golfing or sailing, wear a sun-protective shirt with an ultraviolet protection factor (UPF) of 50 or higher. Dampness diminishes UPF, so going to 50 ensures proper protection even when you start sweating, Perlis says.

DETECTION In addition to annual visits to a dermatologist for a full-body scan, give yourself a thorough inspection in front of a mirror every month. Ask your partner to examine the skin on your back. "I don't recommend checking more frequently than once a month, because you're less likely to notice changes when you look at something every day," Perlis says. If you're furry, have your mate check after you come out of the shower – it's easier to see skin through hair when it's wet. Take photos of any moles, spots or patches, and remember to compare them to what you see next month. Look for any of the standard warning signs that a mark has turned cancerous.

It'll help to know your ABCDEs – the handy mnemonic from the Skin Cancer Foundation that reminds you to pay attention to mole Asymmetry, an uneven Border, a variety of Colours, a Diameter larger than 6mm and an Evolving size, shape or colour. If anything's off, see your dermatologist. Don't delay if you see any sores that don't heal.

Your Butt

Yes, you can develop skin cancer where the sun don't shine. That's because mucous membranes in your anus contain pigment-producing cells that can turn cancerous just as skin cells can. These tush tumours aren't common – they represent less than 2% of melanoma cases – but they can be very deadly, with a five-year survival rate of only about 12 to 18%. One reason: people rarely find the cancer in time to stop it spreading.

DEFENCE You could rub sunscreen in your crack, but it won't prevent melanoma. The best way to keep the disease from kicking your butt is to find and treat it early.

DETECTION Even a yogi with a hand mirror probably wouldn't be able to spot skin cancer between his cheeks. Instead, watch for symptoms, which may include lumps near your anus, constipation, bleeding, pain, itching or feeling like you have to go even when you recently had a bowel movement. These signs don't definitively point to melanoma – other conditions, such as hemorrhoids or colorectal cancer, could be culprits – but if you notice any of them or a change in your poop patterns that lasts more than a few days, visit your doctor for a workup.

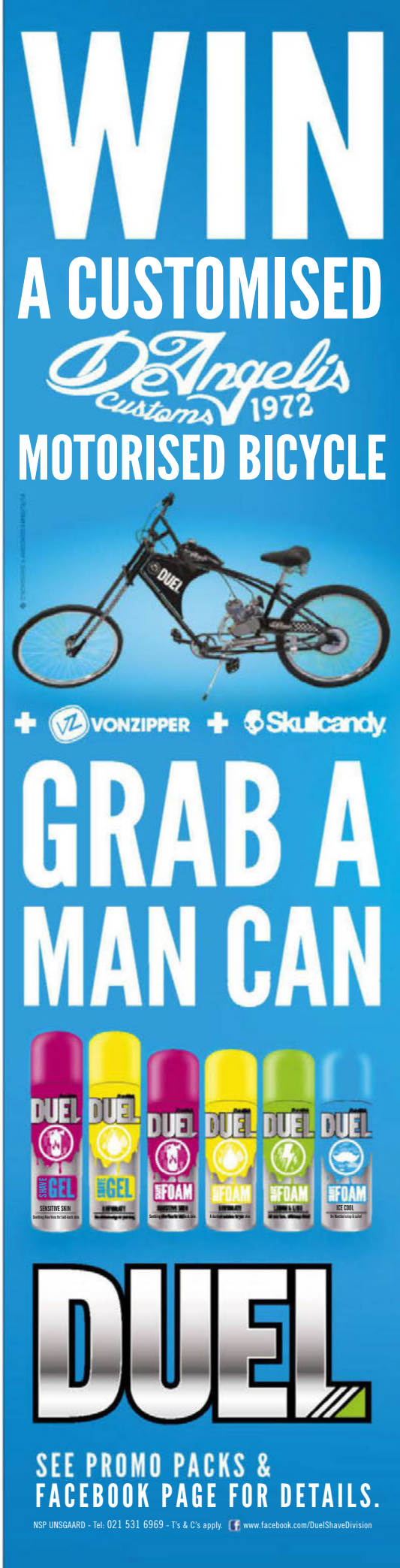


PHOTOGRAPH ISTOCKPHOTO.COM

FERN VERSUS BURN

Add these capsules to your sun-protection arsenal

The best skin shields start with S: SPF and shade. But for backup, add the F-word: fern. Studies show that taking a supplement containing the extract from a fern called *Polypodium leucotomos* can help neutralise many of the sun's effects on your skin, says dermatologist Dr Neal Bhatia. "It's been shown to reduce redness and inflammation induced by UV light when taken up to two hours before exposure," he says. Spending the day golfing or working in the garden? Half an hour before, apply sunscreen and pop a Heliocare capsule (R495 for 60, skinrenewal.co.za). Repeat every two to three hours until you head back inside. –JULIE STEWART



Your Head and Neck

It's no head-scratcher why skin cancer strikes a guy's scalp, neck and ears: the top parts of your body bear the brunt of the sun's rays. And skin cancer above the shoulders is particularly lethal: people with scalp or neck melanomas are nearly twice as likely to die of the disease as those who develop it on their extremities, according to researchers at the University of North Carolina. Although only 6% of melanoma patients have the disease on their scalp or neck, these cases make up 10% of all melanoma deaths. Why? A dense concentration of blood vessels and lymph nodes in your head and neck could make it easy for cancer that starts there to spread throughout your body.

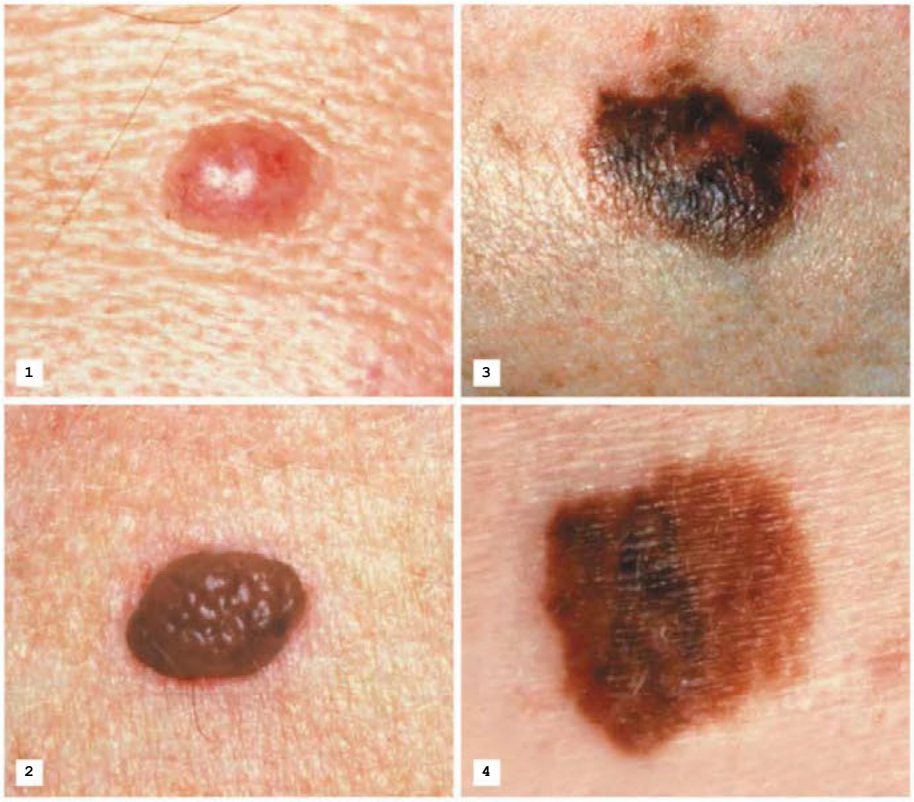
DEFENCE The first step is obvious: slather sunscreen on your neck and ears before going out. Then protect your pate with a hat rated UPF 50 or higher – or, at the very least, don a dark cap, since dark hues allow less UV radiation through to your skin. When you can't put a lid on it, Perlis recommends treating your bald spot with a layer of sunscreen gel, which is generally less greasy for hairy areas than cream formulae. Try Heliocare SPF50 Gelcream (R335).

DETECTION "Next time you have your hair cut, ask your barber to take a good look at your scalp and let you know if there are any areas where the skin looks different from the rest," says Perlis. Ask him (or her) to inspect the areas behind your ears and the back of your neck too. Anything odd? Contact your dermatologist.

Your Fingernails and Toenails

Fair-skinned guys have the highest risk of skin cancer, but that doesn't mean everyone else is off the hook. In fact, melanoma of the nail is just as likely to strike dark-skinned dudes as white guys. And it's estimated that only about 40% of those who develop invasive melanoma on their toenails will survive the next five years. It's also possible to develop melanoma on the palms of your hands or soles of your feet. In any case, the later you're diagnosed, the grimmer your outlook.

DEFENCE Researchers aren't exactly sure what causes these occurrences of melanoma, but they've concluded that melanomas on nails, palms or soles actually aren't likely to be caused by excess sun exposure. Still, it's always a good idea to apply sunscreen to the top of your feet and the back of your hands before you head outdoors. If nothing else, doing so may reduce your risk of other, nonmelanoma types of skin cancer, such as basal or squamous cell carcinoma.



1 **BENIGN** The border of a benign mole is even, not scalloped or notched.

2 **BENIGN** A normal mole is symmetrical. Even if it's bisected, the halves match.

3 **MELANOMA** It's not just one colour. Brown, tan, black or other shades could appear.

4 **MELANOMA** Big is bad. A melanoma is usually bigger than your average pencil eraser.

DETECTION Skin cancer leaves several telltale signs in nails. One is bleeding under the nail that doesn't fade, so if you have a black-and-blue mark that lasts two months or longer, or if you can't remember bumping that spot, get hold of your dermatologist. Do the same if you spot a brown mark that extends from your nail onto the cuticle or nail folds, says Perlis. Another warning sign is a brown-black vertical stripe down the nail, which occurs in about two-thirds of patients with nail melanoma. If you see any of these, get them checked. (If it's not cancer, it could be a fungal infection.) You should also examine your hands and feet for moles, taking care to check between your digits.

Your Eyes

Sometimes the hardest thing to spot is right in front of you – after your epidermis, your eyes are the most vulnerable area for melanoma. The disease often develops in the iris or choroid, a lining that carries oxygen and nutrients to the inner part of your eye – which also makes it easy for the disease to spread through your bloodstream to other body parts. "Intraocular melanoma is most common in people with blue or green eyes and fair skin," says Perlis, "because darker pigment in brown eyes may offer protection against damage from the sun."

DEFENCE Throw shades at skin cancer. Although researchers aren't sure if sunlight causes eye melanoma, the American Cancer Society recommends wearing wraparound sunglasses that block at least 99% of UVA and UVB to protect your eyes and shield the delicate skin around them. One pair we'd wear is the Straight Jacket by Oakley (R1 400, oakley.com). If you drive to work, consider adding UV-blocking film to your car windows for more protection.

DETECTION Make sure someone probes your peepers regularly. "Visit your optometrist or ophthalmologist for an annual exam to have the insides of your eyes checked," Bucay says. When you have your monthly skin scans, examine your eyes in the mirror. A growing dark spot on your iris or a change in the shape of your pupil could indicate cancer. Another clue: changes in your sight, such as blurred vision, flashes or floaters. If you see any of these, make an eye appointment ASAP.

PHOTOGRAPHS COURTESY OF THE SKIN CANCER FOUNDATION

Protection from chafing?

Petroleum jelly or breathable balm?

NEW!

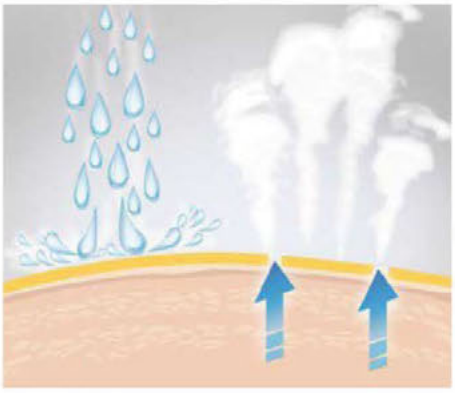


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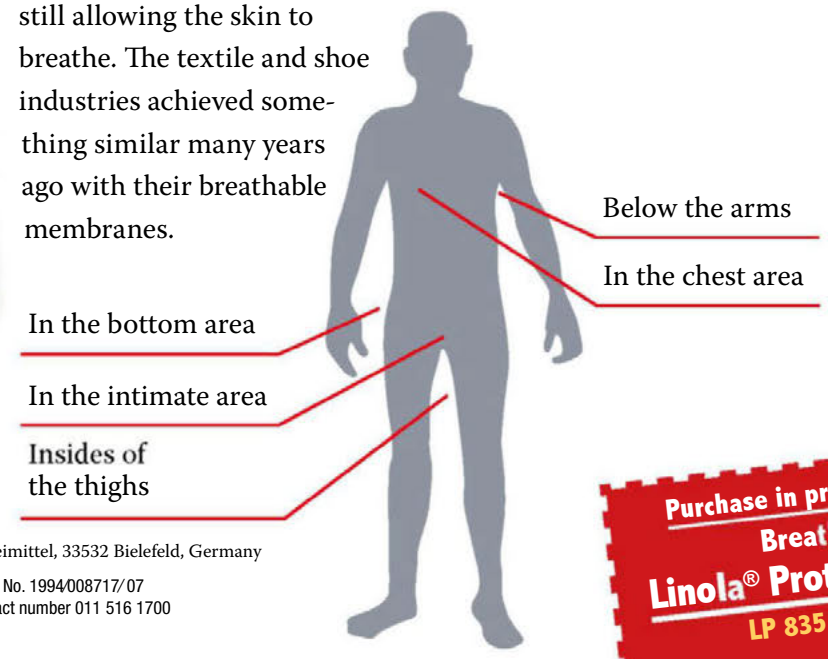
People have long used creams containing mineral oils (e.g. petroleum jelly) to protect their skin. However, these have an occlusive effect, i.e. they seal the skin. This means that moisture can build up below.

A breathable protective balm (Linola) now presents a solution to this problem. It protects critical skin areas from irritation due to chafing, sweat or urine whilst still allowing the skin to breathe. The textile and shoe industries achieved something similar many years ago with their breathable membranes.



The breathable Linola® technology
The protective balm (yellow line) protects against chafing and moisture (on the left). However, the skin is not sealed and can still breathe (right).

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BY
BETH KRYSTA WILSON

ILLUSTRATION
FRANK HERMUS

READY TO MAKE (BIG) SOCIAL MEDIA MONEY?

Smart early adopters are looking beyond selfies to make serious cash. Could you hashtag your way to your first million?

01

FORMAT	**INSTAGRAM**
EARNING POTENTIAL	

YOUR REP MEANS MONEY

Many routes lead to cash here – just pick the one that suits your Instagrammatic style. Make small sums immediately by selling your shots. Sign up to Twenty20, set your price and get a 20% cut. Easy money. They sort the logistics and ship worldwide, sending money your way via PayPal every month. Photos of nighttime cityscapes – Manhattan, Paris and London – sell best, but you've still got time to corner the Cape Town/Joburg/Durban market. Take it at dusk, from an angle you haven't seen before.

Now to let you in on the biggest secret on social media: sites like Snapfluence give users with over 1 000 followers the chance to earn serious cash. They'll put you in touch with big brands who'll pay you to promote their products. "Influencers are paid up to £1 000 to participate in a campaign," says CEO Brian Zuercher. That's R17 000 in our money... and a nice pile of moolah in anybody's language. The quickest way to find followers is to hashtag your posts. #girl, #selfie and #forsale are the most searched-for. Get tagging.

02

FORMAT	**PINTEREST**
EARNING POTENTIAL	

FOLLOWERS MEAN FINANCES

Pinterest hasn't quite developed Instagram's massive local or worldwide following just yet, which means it's ripe for fiscal exploitation. A good example of someone who's doing just that is Jennifer Fishkind (pinterest.com/jfishkind). Fishkind – or "Princess Pinky Girl", as she's known on Pinterest – accrued over 3.6 million followers, and now makes a full-time living just from using the site.

Build your following by regularly pinning (she advises 15 to 25 pins a day) content that's new and relevant. "Your pins should be high quality images (2MB and above) and they must have valid links," she says. "And re-pin posts that do especially well. As soon as you get over 1 000 followers or thereabouts, you'll most likely be approached by ad agencies. The best ones to work with – that is, the highest payers and most reputable – are HelloSociety and rewardStyle." Pinterested? A second income stream is yours for the pinning.

03

FORMAT	**LINKEDIN**
EARNING POTENTIAL	

GET THEM HOOKED, MAKE THEM PAY

Baffled by LinkedIn? You're not alone. Even though this professional networking tool consistently ranks in South Africa's top 10 sites, it remains a mystery to many of us... but those who bother to learn the ropes are getting paid. Networking strategist Philip Calvert (philipcalvert.com) found the secret to making money was a spot of fishing. First, get as big a network as you can in your area of expertise and create a LinkedIn Group aimed at the industry. "Treat it like a fish tank," he says: "'Feed your fish' daily with tips, links, resources and questions. After about six months, organise a networking evening. Then compile your posts into an eBook – only this time, make them chargeable." Promote the event through your group and use it to advertise the book, calling it something like "Everything You Need to Know About [Your Industry]". This kind of tag shoots right to the top of Google rankings. The likes of Calvert earn up to £10 000 for their UK networking events, and make about R150 per eBook sale. Thought that might get your buy-in.



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BLUE PRINT GOLFER **R249.95** JX

MIAMI VIBES

Channel some East Coast cool with bright floral prints

Summery prints, from pineapples to palm fronds, are going to dominate this season. Don't be the boring guy on the beach – opt for prints in popping, bold colours.



MENS LEATHER WATCH **R299** STUDIO Q



RED PALM PRINT SHIRT **R299.95** STONE HARBOUR

04

FORMAT	TWITTER
EARNING POTENTIAL	

FEED THE BIRD, WATCH IT GROW

Tweeting can earn you a full-time wage. Briton David Levin (@davidlevin123) set up a tongue-in-cheek account for his local pub, @the_dolphin_pub (24 000 followers and counting...), and quickly graduated to campaigns for *The Apprentice UK* and L'Oréal.

"Examine the social spheres of brands you respect and think of ideas that could help them," he says. "Then hunt down their digital manager, head of social, or VP of hashtags on Twitter or LinkedIn. Send them your ideas and offer to implement one for free."

It costs those companies nothing to give you a try – and as most businesses are just starting to wake up to the need for a social media manager, the job market is wide open. Once you've done the first, ask for a fee in the region of R7 000 per idea. Be first to update your earnings.

05

FORMAT	HOOTSUITE
EARNING POTENTIAL	

LINK THEM ALL TOGETHER

If you're serious about making an income online, your social media presence needs to be an all-out assault. Control your empire with Hootsuite, which brings Facebook, Twitter, Instagram and pretty much every other type of account together in one place.

Nathan Lauder, director of NE Media Solutions, says: "You want to be updating every account at least five times a day." You need to connect with all your followers at once: "The goal with social media marketing is to create a subscriber list that's in the same sphere and valued by advertisers."

Once you've got over 5 000 across all platforms in a particular field, you have a sample group that international companies will pay around £500 (that's about R8 800, but our market is obviously smaller) to hear the collective opinion of, on any given topic.

06

FORMAT	GOOGLE+
EARNING POTENTIAL	

TURN SKILLS INTO CASH

Wherever your talents lie, making your current skills web-friendly means your earning potential can grow exponentially. Joe Saad, a chef of no major regard, created chefhangout.com, a Google Hangout that sells online cooking courses for between $20 and $25 a throw. Now he's worth big money – with an industry rep to match. "Once I'd participated in my first few Hangouts, I was convinced that this platform could change the world via face-to-face webcam. It works brilliantly with cooking and any other visually centred process," he says.

While a handful of global companies are slowly catching on, the Hangout hasn't yet been fully exploited for personal training, shopping or one-on-one medical consultations. Jump ahead, and develop your own page using the pre-existing software and watch your new clients form an orderly queue. **MH**



Ryan Terry

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RYAN SANDES & VANESSA HAYWOOD

A ROAD TRIP WITH THE ADVENTURE COUPLE

#CaddyonTour

IT'S UP FOR ANYTHING

In August, Volkswagen South Africa set out to share the Caddy's versatility by launching the #CaddyonTour campaign. After rocking Oppikoppi with aKING and taking a family getaway with Elvis Blue, they upped the ante with the third and final leg of the journey: an action-packed road trip along the coast with adventure-couple and soon-to-be newlyweds, Ryan Sandes and Vanessa Haywood.

Ryan is one of the top endurance athletes in the world and when he's not competing, he shares his love for the outdoors with Vanessa. If there were ever a couple to fully appreciate the Caddy Maxi Trendline's versatility, it would be Ryan and Vanessa.



The adventure began with the couple loading up all their outdoor equipment, including their two mountain bikes. Thanks to the Caddy Maxi's generous load capacity and ability to fold, tip or completely remove all seats in the passenger compartment, everything was stored with ease. "With the Caddy you can throw everything in the back and off you go, which makes travel and adventure a real pleasure," Ryan said with a satisfied smile.

The day started off in true adrenaline-junkie style with a drive along the West Coast to Brakkenfontein, where the two joined up with the Skydive Cape Town team for the experience of a life time. "I'm literally shaking!" Vanessa cried out with nervous excitement just before she jumped from a height of 9000 feet.

To ease the adrenaline rush, the duo then set off for a leisurely drive along the East Coast to Gansbaai. After a Saturday morning trail run through the reserve, it was time for Shark Cage Diving at Marine Dynamics. Nature-loving Vanessa really enjoyed her experience and said, "Being so close to such a graceful, massive animal was just incredible." The afternoon wound down with a quad bike ride through the Nature Reserve, and then the power couple loaded up the Caddy and set off back home for a well-deserved rest.





Ryan was particularly blown away by the Caddy's high-performance, yet fuel-efficient TDI engine technology. He couldn't believe that after everything the couple had done, and how far they had travelled, they'd only used a quarter of a tank of fuel.

With that, the last of the three epic #CaddyonTour experiences drew to a close, leaving no doubt that the part sedan, part hatch and part people carrier Volkswagen Caddy, is the ultimate multi-tasker.





View all three adventures of #CaddyonTour by scanning the QR code on the right.



Combining comfort, versatility and an exterior that is as athletic as it is sophisticated, the Cross Caddy is built for the free at heart. It sports a 2.0 TDI 81kW engine that's both powerful and efficient, plus a host of safety features that allow you to live life to the full with peace of mind. Standard features such as Cruise Control, a multifunction leather steering wheel and Bluetooth mobile phone capabilities will make life on the road feel all the more luxurious, while the innovative seating system allows you the flexibility to take along whatever you need on your journey. Add to that 17" Canyon alloy wheels, silver roof railings, colour options that demand attention and the Cross Caddy is ready for any adventure.

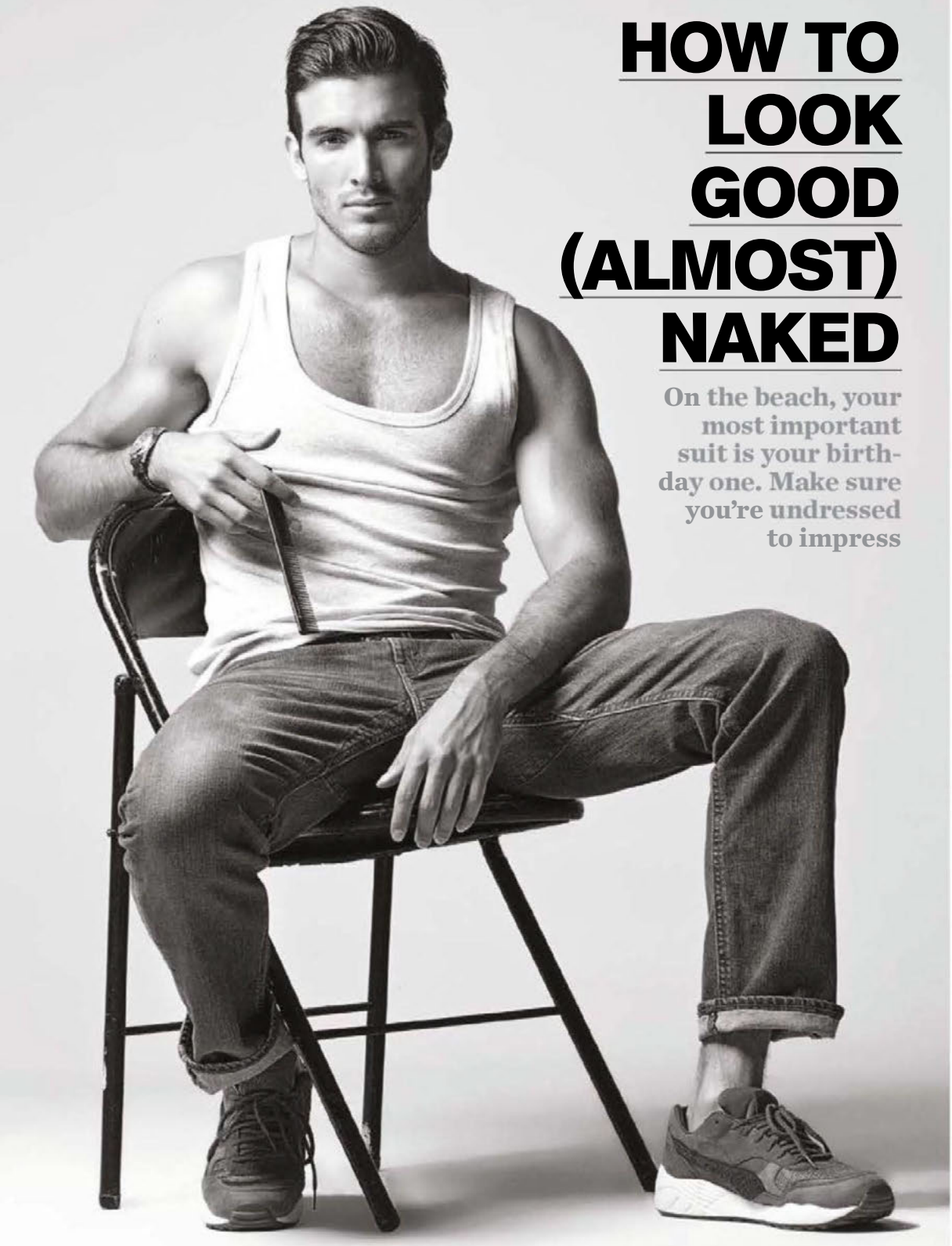
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BY
AZEEZ JACOBS

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HOW TO LOOK GOOD (ALMOST) NAKED

On the beach, your most important suit is your birthday one. Make sure you're undressed to impress

HAIR

COIF MIXTURES



CALMING CLEANSE

Hair takes flak from UV rays, too. Keep hydrated with a vitamin E and protein-rich shampoo.

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A post-sun treatment conditions hair and protects against damage from UVA and UVB rays.

KEUENE AFTER SUN TREATMENT 200ML **R250** ALL HAIR SOLUTIONS



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Prevent losing your mane during the warmer months with a stimulating scalp treatment.

NATURAL TECH ENGERGISING SCALP TREATMENT 150ML **R290** DAVINES



SUMMER STYLING

Pick up a product that gives you hold and texture without the shine... and don't use too much.

BAXTER OF CALIFORNIA CLAY POMADE 60ML **R310** HOUSE OF MACHINES

PHOTOGRAPHS JAMES GARAGHTY (STILLS) **MODEL** KONSTANTIN AT PURE MANAGEMENT

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LET'S FACE IT



FACE

THE SEVEN SKIN COMMANDMENTS

1/ Under-eye circles can be caused by lifestyle factors, which include smoking and drinking. A dedicated eye product will eliminate the bags that make you look tired.

- SHISEIDO MEN TOTAL REVITALIZER EYE 15ML **R730** EDGARS

2/ After sun exposure, stress is one of the biggest contributors to early signs of ageing. Beat dull-looking skin with a specialist treatment product that targets your concerns.

- KIEHL'S SKIN RESCUER STRESS MINIMIZING DAILY HYDRATOR 75ML **R445** EDGARS

3/ Fight shine with gel. If your skin is looking sweaty, opt for a quick-absorbing, ultra-fresh gel (instead of a heavy one) that uses sea minerals to combat oily skin while keeping your mug hydrated.

- L'ORÉAL MEN EXPERT QUENCHING GEL 50ML **R120** CLICKS

4/ It's never too early to fight ageing. Prime areas are the cheeks, eye area and upper lip. Invest in a quality cream that promotes the production of collagen and elastin; it'll keep you in good nick.

- EUCERIN REVITALISING CARE INTENSE ANTI-AGE REVITILISING CARE 50ML **R200** CLICKS

5/ Wash your face twice each day: once in the morning and again in the evening, to remove dead skin cells, wipe away surface grime and clear pores.

- VICHY LABORATORIES HOMME PURIFYING CLEANSING GEL 100ML **R250** EDGARS

6/ Wear sunscreen every day. Yes, even when it's cloudy. UVA rays emitted by the sun penetrate layers of the skin, destroying elastic fibres. Use a moisturiser with an SPF of 15 or up.

- DERMALOGICA DAILY DEFENSE SPF15 100ML **R690** DERMOLOGICA

7/ Keep skin moisturised. A dry face is going to age faster – and no one wants to look older than their dad. Invest in a quality cream that will replenish your face's essential oils.

- BAXTER OF CALIFORNIA OIL FREE MOISTURISER 120ML **R320** HOUSE OF MACHINES

BODY

BURN-PROOF YOUR BEACH TIME



If you're the guy who got toasted...

"The key is to rehydrate the skin," says Cape Town dermatologist Dr Dagmar Whitaker. "Drink plenty of water and protect from further damage by sealing in moisture." A product that contains aloe vera is your best bet on the road to recovery.

- TROPITONE AFTERSUN COOLING GEL 125ML **R56** DIS-CHEM

If you're the guy on the surfboard...

You're going to need a sun-cream that's both sweat- and water resistant. Opt for a mineral shield (as opposed to a chemical one), which uses zinc to give you better, broad-spectrum protection.

- BADGER BROAD SPECTRUM CREAM SPF35 87 ML **R274** NATURESCOLOUR.COM

If you're the guy who came to get a tan...

It's summer and you want to get bronzed. Do so safely with a lower SPF (don't waste your time or money on anything under 20). This one offers an added cooling effect and leaves your skin tingling and refreshed.

- NIVEA PROTECT AND REFRESH SPRAY SPF20 200ML **R110** CLICKS

If you're the guy who burns easily...

Arm yourself with a high SPF that protects against UVA, UVB and infrared rays. This one, which employs a unique liposomal lotion spray, is easy to apply, spreads evenly and won't make you feel greasy.

- DAYLONG LIPOSOMAL SPRAY SPF30 150 ML **R155** DIS-CHEM



TAN

FAKE A TAN LIKE A PRO

"The easiest way to define muscle is to use a dark shade. Tanned skin immediately appears toned, and the golden gleam on the skin emphasises parts of the body such as the pecs and abs," says self-tanning expert James Harknett. "Using a dark lotion on these areas, applied with a tanning mitt, is fast and easy. If you're applying at home, flex your arm and leg muscles and apply more generously to the outline of the muscles to highlight them." Care for your tan by moisturising daily, avoiding hot showers and patting skin dry, rather than rubbing.

- PIZ BUIN BRONZE TANNING LOTION 200ML **R199** CLICKS
- SELF TANNING OIL 100ML **R600** TAN ORGANIC
- AUSTRALIAN GOLD BRONZING DRY OIL SPRAY INTENSIFIER 237ML **R199** DIS-CHEM

SHAVE

SMOOTH MOVES



CLEANSE

This 2-in-1 cleanser and shave cream contains aloe vera to soften your beard while peppermint oil gently removes dirt.

- VASELINE MENFACE SMOOTH SHAVE 100ML **R43** CLICKS



CALM

You're going to need a balm to calm skin and restore the protective layers that get removed when you shave.

- THE BLUEBEARDS REVENGE POST SHAVE BALM 100ML **R297** BARNET FAIR



CORRECT

This treatment smoothes out bumps and ingrown hairs and even fades darkened skin caused by regular shaving.

- BUMP PATROL RAZOR BUMP SOLUTION 65ML **R66** CLICKS



CARE

Apply a shave oil before you shave. It softens the hair follicles (and saves you a lot of pain). It also keeps your beard soft.

- CLARINS MEN SHAVE EASE OIL 15ML **R255** TRUWORTHS

AVON CONTACT AN AVON REPRESENTATIVE. AVON.CO.ZA. 0860 744 666 OR VISIT OUR MOBI-SITE B.AVON.CO.ZA



AVON you make it BEAUTIFUL

SMELL

FRESHEN UP YOUR FRAGRANCE

What would you like your scent to say about you? Here, take your pick of personae



FRESH

Notes: Icy mint, juniper berries and spicy white pepper rounded off with notes of woody patchouli.

Drink: Caprioska – made the proper way.

Signature garment: Your trusty Panama hat.

Weekend activity: Escaping to your white-washed beach house in your vintage car.

THIERRY MUGLER AMEN PURE ENERGY 100ML EDT **R860** STUTTAFORDS



WOODY

Notes: Sharp notes of lime that cool to a blend of green leaves, sea water and dark liquorice.

Drink: Brewers & Union Steph Weiss.

Signature garment: A fitted golfer.

Weekend activity: Acoustic sessions in the botanical gardens.

LACOSTE LIVE 100ML EDT **R865** AT RED SQUARE



OUTDOOR

Notes: Exotic curry leaf, spicy cardamom and invigorating ginger.

Drink: A chilled bottle of Prosecco.

Signature garment: Leather boat shoes.

Weekend activity: Taking your model girlfriend out on the yacht.

BALDESSARINI NAUTIC SPIRIT 100ML EDT **R865** EDGARS



WOODY

Notes: A mix of sweet citrus, jasmine, sandal-wood and musk.

Drink: A freshly pressed beetroot juice.

Signature garment: Selvedge denim.

Weekend activity: Sundowners and tapas at a rooftop bar.

BARFLY 50ML EDT **R799** SCOTCH & SODA



CITRUS

Notes: Bitter grapefruit and sage leaf, that warms up to black pepper and hot cinnamon.

Drink: Yamazaki single malt on the rocks.

Signature garment: Redwing boots and a crisp white shirt.

Weekend activity: Tasting menu at that new Vietnamese restaurant.

MONT BLANC EMBLEM 60ML EDT **R795** EDGARS



WOODY

Notes Opening notes of orange and sweet geranium dry down to woody cedar.

Drink: Spiced rum.

Signature garment: Vintage leather jacket

Weekend activity: A solo road trip armed with anything by Bukowski.

TERRE D'HERMÈS EAU TRES FRAICHE 125ML EDT **R1 455** STUTTAFORDS



SPICY

Notes: Woody yet fresh notes of seaweed, drift-wood, cardamom and Italian lemon.

Drink: Classic negroni.

Signature garment: Tassel loafers.

Weekend activity: Hotel-penthouse party hosted by a billionaire art dealer.

TOM FORD COSTA AZZURA 50ML **R2 065** EDGARS



OUTDOOR

Notes: Crisp citrus, warm lanvendar and a burst of black pepper.

Drink: Vodka and tonic.

Signature garment: Guns n Roses T-shirt.

Weekend activity: A three-day music festival.

ARAMIS ADVENTURE 60ML **R595** WOOLWORTHS



SPICY

Notes: A team of fresh mandarin, leafy cypress and warm musk.

Drink: Kombucha tea.

Signature garment: Board shorts.

Weekend activity: An afternoon in the surf wrapped up with a beach bonfire.

CHANEL ALLURE HOME SPORT EAU EXTREME REFILLABLE TRAVEL 3X 20ML **R1 200**



FRESH

Notes: A sophisticated blend of fresh apple, spicy cinnamon, sweet vanilla and clove.

Drink: A glass of Hamilton Russell Pinot Noir.

Signature garment: A freshly pressed two-button suit.

Weekend activity: A charity gala at the Iziko National Gallery.

BOSS BOTTLED 50ML EDT **R750** TRUWORTHS

Dermatologist Recommended

Bump Patrol

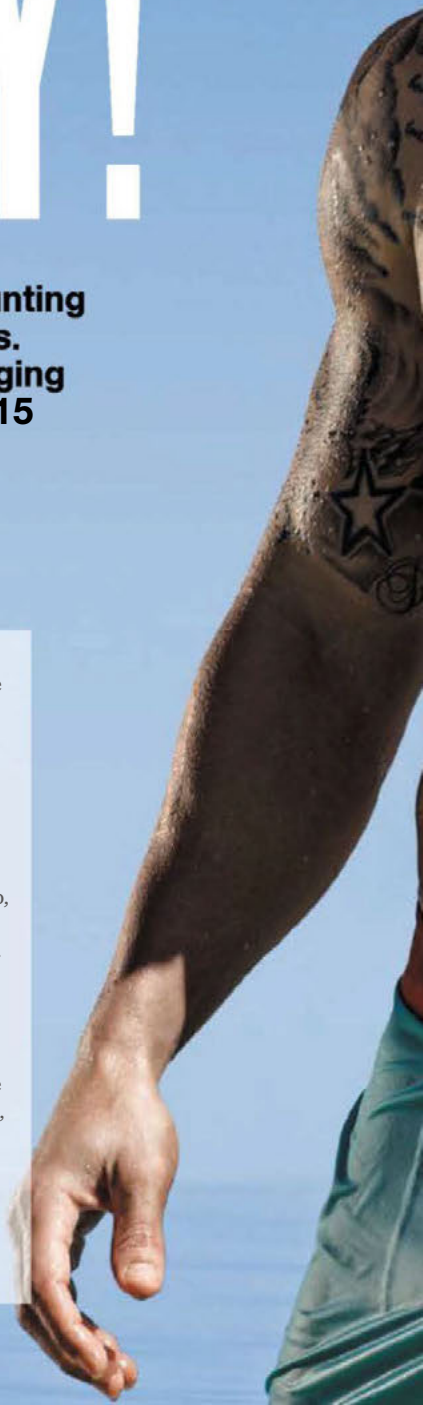
The Razor Bump Solution Guaranteed



FROM READER TO COVER GUY!

We challenged you to be our cover model and the response was overwhelming. After checking the votes, reading the entries, counting the abs and meeting the men, we narrowed it down to 10 finalists. One guy won the title of Cover Guy, but they all offered life-changing advice. Follow their example and you could be a contender in 2015

BY LEIGH SCHALLER
PHOTOGRAPHS GARRETH BARCLAY & BYRON KEULEMANS



WE GET THE EMAILS AND PHONE CALLS ALL THE TIME, AND THEY ALL ask the same question: "How can I get onto your cover?" Truth is, one does not simply walk onto the cover of *Men's Health*. The guys who grace our front page represent far more than just big okes with huge arms and ripped abs; they represent the type of man we all aspire to be. A *Men's Health* Cover Guy is a man who answers all those early-morning alarms. He knows that it's nice to look good in photographs, but it's more important to live a healthy, sustainable lifestyle. The Top 10 finalists you're about to meet are, in the words of one of our judges, "by far one of the best groups we've had in years". They're also, according to your votes and our editorial panel, the very best of the 296 guys who entered the 2014 *Men's Health* Cover Guy competition. But they represent far more than that: together, they're the sum of hours of hard work, tough exercise and smart eating. And you could join them. See, that's the beauty of the *Men's Health* Cover Guy competition. With the right levels of dedication, any guy – yes, even an overweight comedian – can make it into our pages, if he puts in the gym hours and gets himself into shape. Overweight? Five years ago, winner JP Lamont's six-pack was hidden under a layer of belly fat. But, thanks to a fitness-focused lifestyle, he has successfully carved out his cover model body. In the next six pages, JP and our nine other finalists will share the moves, meals and motivation that got them into the shape of their lives. Follow their advice, and start your campaign for 2015!



2014 *MEN'S HEALTH*
COVER GUY SEARCH

> WINNER

JP LAMONT

Age: 30
Height: 1.75m
Hometown: Richards Bay
Job: Technical Sales
Gym Bag Essential:
Lifting straps, Bear Grips and speed rope
Best No-Weight Exercise:
Pull-ups and chin-ups with leg raises during the pull

HE'S A HUSBAND AND FATHER OF TWO, YET somehow JP Lamont finds the time to get to gym five to six times a week. "If you want to get into shape," he says, "the first thing you have to do is get rid of is excuses." Although he grew up playing multiple sports (and was at one stage the eighth fastest sprinter in his age group in the country) after school JP's lifestyle took a dip. "I think any youngster after school wants to go and explore and party," he says, "but with partying comes unhealthy food. I picked up a lot of weight." Around age 25, JP changed his lifestyle and began a body transformation process. "I collected all the workouts in *Men's Health*," he says. "I even had a little black book where I kept all those cut-out exercises."

PARTNER UP

It's always great to have a reliable gym partner, but when that person happens to be married to you, it means that you have a companion who understands your commitment to fitness and general health. "I partner up with my wife during training sessions, and push her to lift her max weight," JP says. "It's an incredible feeling seeing her realise that she's stronger than what her mind tells her."

STAND TALL

"Posture is key to success and results," he says. "I like to keep working on my core, as this improves my posture during heavy lifting." If JP can't find time to do different exercises that specifically focus on his core, he simply cuts out his rest periods between weight sets and uses that time to work his core. "I'd rather do 30 to 60 seconds of core exercises in between my weight sets than sit and wait for the next set," he says.

BUILD MUSCLE IN THE KITCHEN

"If you don't follow a well-balanced eating plan, you can forget about seeing results from all the effort that you put in at the gym," JP says. "As much as 80% of what you do starts with what you eat, and only the balance is down to training."

"Breakfast will help to kickstart your metabolism," he says. But stop there. "Have something healthy to eat every three hours, otherwise your metabolism just slows down and you start bloating up again."



> RUNNER-UP

PABZ NASIUS JUNIOR

Age: 26
Height: 1.81m
Hometown: Lephalale, Limpopo
Job: Model and student
Gym bag essential:
Abs wheel
Best No-Weight Exercise:
Sit-ups

So what put the abs in Pabz? This year's *MH* Cover Guy runner-up was motivated by all the compliments he *wasn't* getting. When a female friend commented on how she admired another guy's abs instead of his, Nasius says, "I hit the gym and started to see results." Where previously he'd hone his goalkeeping skills, Nasius dropped the soccer ball and switched to kettlebell sets. Four years later, he's transformed his body – and his six-pack – into one that turns heads.

EAT YOUR VEGGIES

"Diet is very important," he says. "If you eat properly, work out properly and sleep properly, you'll get proper results. I try to make sure that every meal I eat has vegetables in it. Vegetables are a key part of muscle growth."

KNOW YOUR WEAKNESSES

"Every person has one of those exercises that they can do better than anyone else," he says, "but you have to sit down and evaluate yourself and look at your weak points as well." Not knowing where your body is vulnerable is a recipe for injury, he warns. "With certain exercises or areas, I know I won't put on weight. I understand what just doesn't work for me. And I'm okay with that. Don't look at the guys around you, thinking that you have to be like them."

SUPERSET YOUR AB EXERCISES

The secret to his cover-worthy six-pack? Instead of just doing crunches or planks, Pabz combines three different core exercises together with no inbetween rest period to form an abs-busting superset.



> RUNNER-UP

NICHOLAS DUNN

Age: 24
Height: 1.84m
Hometown: Sandton, Johannesburg
Job: Graduate, B.Com honours
Gym Bag Essentials:
iPod and ab roller
Best No-Weight Exercise:
Wide arm pull-ups

Nicholas, who has been exercising regularly since he was 15, has been working for this moment for almost a decade. "I like to be very healthy," he says. "I got my first issue of *Men's Health* and what prompted me to live a healthy fit lifestyle was, of course, the cover guy." Nicholas believes that a fit lifestyle is integral to a full life. "It's not necessarily a vanity project," he says. "It's more about being healthy, aiming for longevity and treating your body as a temple."

CARB-FREE AFTERNOONS

"I don't eat carbs from about 2pm onwards," he says. "If you take away carbs at dinner, you'll start noticing a huge difference in body fat without even having to train too much." When he does eat carbs, he makes sure they're as healthy and unprocessed as possible (he recommends sweet potato and brown rice). Nicholas also believes in mixing up your sources of protein, with his typical meal including anything from fish or chicken breasts to less common protein sources like turkey breasts or ostrich meat.

GO HIGH INTENSITY IN THE PARK - THEN GO HOME

On days that he doesn't train, Nicholas will go to the park and do short sprints. "Anything that's high intensity cardio training is the most effective," he says. Find a hill, and run up it 10 to 15 times. It doesn't take much, and it beats sitting on the treadmill for an hour.

AIM FOR HIGH REPS

"If you're looking to get shredded, high reps are the way to go," he says. "A lot of the time at gym you see the big guys throwing around heavy weights for four or five reps. That's not how you're going to get the results you want. I have always found that my body responds well to high reps."



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CHRISTOPHER JAFTA

Age: 30
Height: 1.83m
Hometown: Johannesburg
Job: Actor
Gym Bag Essential: Gloves
Best No-Weight Exercise:
The spinning butterfly twist*

HIS MOTIVATION

A change in diet saw Christopher's body undergo what he calls "a total transformation" – but the results weren't immediately evident. "You need to be patient when it comes to eating," he says. "You can't expect results in two weeks. Other people may notice the results before you do."

*HIS MOVE

Yeah, about that "spinning butterfly twist"... As a dancer and martial arts enthusiast, Christopher combines his two interests in this full-body move. Your takeaway? Mix up your exercise inspirations to keep things interesting.

HIS MEAL PLAN

Christopher upgraded his body by eating nutritious meals and cutting out fast food. "I was preparing for a part in *Aladdin*, and I was going to be topless in the show," he says. "People know I have a decent body, but I wanted to blow them away."

CHRISTOPHER'S BIG GYM SECRET

"When it comes to building muscle what is important is making sure that I understand the technique and execute it prefectly. When you go big on weight but ignore technique, it's kind of like punching in the dark."







+++

COLIN CLOETE

Age: 29
Height: 1.86m
Hometown: Johannesburg
Job: Property
Gym Bag Essential: iPod and track shoes
Best No-Weight Exercise: Pull-ups

HIS MOTIVATION

Colin's hours of gym work pay off in the returns to his body – and also in the positive responses he gets. "People who make contact and let you know that you've helped to motivate their lifestyle? They're my biggest motivators," he says.

HIS MOVE

Skip legs day. Colin says he's found it easier to exercise his leg muscles by doing dynamic movement exercises, which target his legs as well as other areas of his body. By working legs into his daily routine, he has seen an improvement in results when compared to his old regime of trying to do legs days twice a week.

HIS MEAL PLAN

"I avoid sugars," he says. When he needs to, he uses honey. In preparation for the *Men's Health* Cover Guy competition, it helped to take out the milk from his shakes in order to shred the last bit of fat from his abs.

COLIN'S BIG GYM SECRET

"Do the squatted dumbbell shoulder press. It targets more than a single muscle group in one movement. This increases your level of testosterone, so you get greater results."

+++

VICKEY DE VILLIERS

Age: 31
Height: 1.85m
Hometown: Cape Town
Job: Functional business partner
Gym Bag Essential: iPod and biltong
Best No-Weight Exercise: Burpee push-up

HIS MOTIVATION

"I am a very competitive person by nature," says Vickey, who used to play rugby for years before injury forced him to stop. "After rugby, I turned to weight and functional training to keep my fitness addiction under control and absolutely love every second of it. I am a true fitness addict through and through. Competing with my mates during training fuels my passion for fitness. I always give 100%. No half measures."

HIS MOVE

Vickey uses high-intensity weight training, operating under the philosophy that, in order to build an all-round physique, you should mix up your rep ranges and make sure that your routines contain both compound and isolated movements.

HIS MEAL PLAN

"Consistency is key," he says. "Everything in life that is worth something requires hard work and dedication. Being fit and healthy is no quick fix . It's a lifestyle." When it comes to what you put into your body, Vickey's advice is pretty straight-forward: "Drink lots of water. It's essential. And don't eat any processed food. Ever."

+++

XAVIER MCCREANOR

Age: 27
Height: 1.92m
Hometown: Johannesburg
Job: Sports Master / Head of Humanities
Gym Bag Essentials: Pre-workout drink and post-workout shake
Best No-Weight Exercise: Plyometrics

HIS MOTIVATION

Xavier doesn't just rock up at gym six times a week and throw weights around. He's a student of fitness. Having completed an honours degree in Sports Science, where he studied the psychological wellbeing of rugby players, he is now completing his master's investigating attitudes towards supplement use.

HIS MOVE

He uses plyometrics exercises as part of his training routine. Copy that by doing multiple medicine ball throws or single-leg hops to boost your body's speed and power.

HIS MEAL PLAN

"Consume high-quality protein during every meal, and avoid foods that contain sugar and starch," he says. In addition to his meals, Xavier also consumes USN Casein Slow Release Protein and USN Hardcore Whey Protein.

XAVIER'S BIG GYM SECRET

"Pull-ups are hands-down one of the best exercises for developing your back and increasing your overall fitness level. They're old-school, basic and a natural movement pattern of human beings. Try doing a one-armed pull-up to boost your strength."







+++

JACO VAN DER MERWE

Age: 22
Height: 1.83m
Hometown: Pretoria
Job: Student
Gym Bag Essential: Ab roller & resistance bands
Best No-weight Exercise: Handstand push-ups

HIS MOTIVATION

Although Jaco is now, as a 22-year-old student, arguably in the prime of his life, his motivation is to make sure he continues to look Cover Guy good. "When I turn 50, I still want to be in shape and have a six-pack," he says. "That motivates me not only to work hard now, but to find a healthy lifestyle and workout routine that is sustainable over a very long period of time."

HIS MOVE

"When you're training a specific muscle group, make sure you change your grip placements on whatever type of bar you're holding from narrow to wide, to ensure that you hit every angle of that muscle," he suggests.

HIS MEAL PLAN

"Try to make sure that there are at least four hours between your last meal and bed-time," he says. When it comes to making sure he gets his protein fix, Jaco enjoys eating steak and ribs. Who says healthy food has to be boring?

JACO'S BIG GYM SECRET

"I set up a decline bench press to work my lower chest as well. In most gyms you'll only find a flat and inclined bench-press. If you only use them, your lower chest muscles will never develop properly."

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ANDA BONGOZA

Age: 21
Height: 1,78m
Hometown: Mthatha, Eastern Cape
Job: Bartender
Gym Bag Essential: Water bottle and vitamin pills
Best No-weight Exercise: Crunches

HIS MOTIVATION

"Know what you want to achieve, and stick to it," says Anda, who also gets some help from his partner. "My biggest motivator has got to be my girlfriend's critique," he says. "It keeps me going. Having a nice and presentable physique can only be beneficial and I believe it's good for one's self-esteem too." His biggest driver? Turning failure into success. "Failures keep me focused and disciplined," he says, "because every time I look back, the more I want to move forward."

HIS MOVE

The youngest of this year's Top 10, Anda isn't a big believer in gym routines. "My key move is to confuse my body and change routines every week," he says, "because my body responds faster to something it's not used to." Anda also believes in making use of high repetitions to achieve a more muscular physique.

HIS MEAL PLAN

Anda's nutrition advice is pretty simple: "Know what you want to achieve and follow the right path by sticking to the right nutrition that goes with what you want. "

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HENRICO BEYERS

Age: 25
Height: 1,74m
Hometown: Stellenbosch, Western Cape
Job: Student
Gym bag essential: Straps for deadlifts
Best No-weight Exercise: Pull-ups

HIS MOTIVATION

Who needs a personal trainer? Henrico says his biggest motivator is his mom. "At age 55 this year she is in top condition," he says. "She can run and cycle with me... and sometimes even beats me!"

HIS MOVE

Henrico recently competed in the half Iron Man – and it proved to be a major challenge. It forced him to concentrate on swimming, which is an entirely different type of exercise to running and cycling. Having an exercise goal like the Iron Man or *Men's Health* Cover Guy competition (or even the Belly Off! Club) will help to motivate you to stay focused at training.

HIS MEAL PLAN

"I'll have cheat meals at least twice a week," says Henrico. (His choice? Pizza, burger and chips.) But before you embark on an Eat Pies, Lose Size diet, remember this: as a master's student in Logistics, Beyers is able to train twice a day, six days a week – which means he can afford to take an extra cheat meal in the week and still have a cover model's body.

Beyers suggests that if you're aiming for a flat belly, you should avoid drinking. He's seen regular boozing have an effect on many of his friends – and he reckons cutting back has saved him from a Grade A beer boep.







THE PERFECT BEACH BATS
From **R300**,
Jasper Eales

EDITED BY PIETER SMEDY PHOTOGRAPHS BY SACHA SPECKER, JAMES GARAGHTY (BEACH BATS)









2012

The number of steps it'll take you to cook dinner for 10, survive a shark attack, meet a girl, impress the girl, impress your friends, find the meaning of life, find the meaning of *picanha* and live the summer you'll never forget

WE'VE GOT THE TOOLS, TECHNIQUES, RECIPES AND SKILLS TO UPGRADE YOUR HOLIDAY SEASON – STARTING TODAY

A CUT ABOVE
Brazillians favour a cut of meat called the *picanha*, which is essentially the bit that caps the rump area. You'll recognise it by the thick layer of fat that sits on the cut.



01

SERVE SOMETHING IN A JUG THAT ISN'T PUNCH



ANDRES CONDÉ @LAPARADABREE

You've got people coming over. A lot of people. Don't try to be a hero and pour a glass of wine for every guest; no one has that kind of time. Instead, whip up a pitcher of white wine sangria – it's refreshing enough to cool a midsummer evening and will give your guests a buzz without turning dinner into a drunken bacchanalia. Andres Condé, formerly of World's Most Famous Restaurant elBulli and presently head chef at Cape Town tapas bar La Parada, gave us his recipe. Simply mix all the ingredients and refrigerate for two hours. Just before guests start arriving, strain the sangria and serve cold.

What You'll Need:

- 500ML SAUVIGNON BLANC
- 400ML GINGER ALE
- 100ML COINTREAU
- 100ML WHITE RUM
- 175ML SUGAR SYRUP
- PEEL OF 1 ORANGE
- PEEL OF 1 LEMON
- 2 SPRIGS OF MINT

ROSENDAHL CARAFE
R500 ENTREPO

02

Eat Your Veggies – and Enjoy It

This summer, treat your veg the same way you treat a good steak – chuck them on the grid. The benefit is that you're not cooking away all the flavour or goodness. Seriously, everything from aubergines and marrows to broccoli and corn will get a taste upgrade on the braai. Also, the char marks look pretty cool. Serve with a good glug of olive oil.

03/ MAKE A HOT SAUCE THAT SEPARATES THE MEN FROM THE BOYS

This recipe, from every Capetonian's favourite Mexican eatery El Burro, is the perfect balance of flavour and burn. Trust us, you'll want to make extra

NIC HAARHOFF @_EL_BURRO

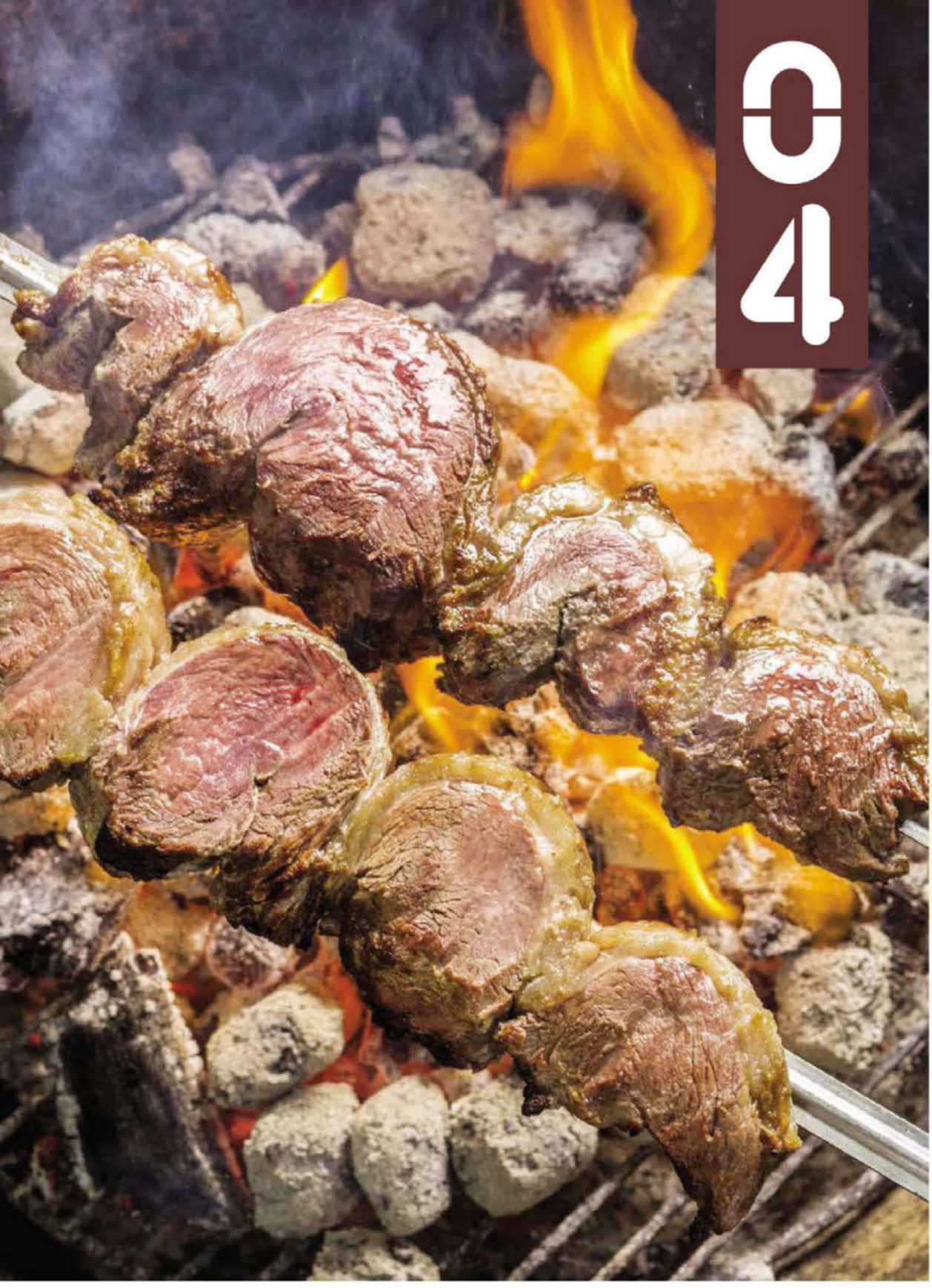
WHAT YOU'LL NEED:

- 1 ONION, FINELY CHOPPED
- 3 CLOVES GARLIC, CHOPPED
- 20 SERRANO CHILIES, CHOPPED AND SEEDED
- 1 HABANERO CHILI, CHOPPED AND SEEDED
- 1 SMALL CAN TOMATO PASTE
- 2 TSP BROWN SUGAR
- JUICE OF 3 LIMES
- ½ CUP WATER
- HANDFUL FRESH CORIANDER (LEAVES PICKED AND STALKS DISCARDED)

The sign of a good hot sauce isn't that it can melt steel. You're looking for something that'll bring out the flavours of whatever you're having it with, while still leaving you with some upper-lip sweats.

1/ Gently fry off the onions and garlic until soft and translucent. Then add all the chillies and continue frying for a few minutes.
2/ Once the chillies are soft, add the tomato paste, sugar and lime juice and simmer down.
3/ Add water bit by bit until you reach a sauce-like consistency. You can add more sugar if the taste is too bitter.
4/ Finally, add the coriander leaves and blend using a food processor or stick blender.
5/ Because this recipe doesn't use vinegar (which acts as a preservative) a jar of this stuff won't last longer than two weeks – so smear it on everything.





04

GIVE YOUR BRAAI A BRAZILIAN

Because fillet, rib-eye and sirloin aren't your only options, y'know, says Alphonse Hoge, expert *picanha* vendor at Cape Town's Earth-Fair market

What You'll Need:

- 3 700G-TO-1 200G CUTS OF *PICANHA*
- HANDFUL COURSE SEA SALT
- 2 TBSP OLIVE OIL
- 1 CLOVE GARLIC, CRUSHED

1/ Place meat fat-side down and remove sinew by inserting a sharp knife just under the surface of the sinew and carving it away.
2/ Turn the *picanha* over and score the fat. Then, cutting across the grain of the beef, section into 8cm strips.
3/ In a bowl, combine the *picanha* pieces, salt, olive oil and garlic. Massage the mixture into the beef and marinate for at least three hours (12 hours max).
4/ Once marinated, roll the pieces (keeping the fat on the outside) and skewer. A flat skewer will work better, as it'll hold the beef in place when you carve.
5/ When the heat is right (you should be able to hold your hand above the coals for five seconds), place the skewers on the grid, constantly turning them until the meat is cooked to your preference.
6/ With a knife, carve away thin slices of meat. The trick is to get a thin cap of fat on the outside of each slice. Serve immediately.

05/ MASTER THE HEAT ZONES

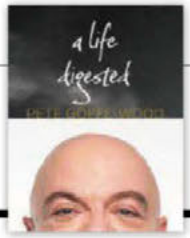


When your coals are hot, bank them to one side of your Weber to create three temperature zones

THE BLAST FURNACE
Consider this the sear zone: steaks, lamb chops, pork chops, scallops and burgers belong here. Or use the spot to quickly char foods that require lower heat to cook through.

THE SIZZLER
Tomatoes, zucchini, eggplant and peppers can shrivel over high heat. Put them here, along with large cuts of meat, such as whole chicken or pork shoulder; close the lid to circulate heat.

THE WARMER
The less intense heat of this zone creates an optimal space for toasting burger buns, gently melting butter in a saucepan or maintaining the temperature of food that's already cooked.



06/ MAKE ONE DISH THAT FEEDS EVERYONE

Apart from being a *MasterChef* judge Pete Goffe-Wood is a practical guy who goes for honest dishes with big flavour – and that's just how we like them. This paella recipe from his new book, *A Life Digested* (**R375**, kalahari.com), brings together deep, smoky spices with a hit of fresh seafood.

@PETEGW

What You'll Need

- 500G FRESH MUSSELS
- 250ML WHITE WINE
- 50ML EXTRA VIRGIN OLIVE OIL
- 500G CHICKEN BREASTS, CUBED
- 150G SQUID, HALVED
- 150G CHORIZO, SLICED
- 100G ONION, DICED
- 2 GREEN PEPPERS, DICED
- 5 CLOVES GARLIC, CRUSHED
- 4 FIRM TOMATOES, GRATED
- 500G CALASPARRA (OR OTHER SHORT-GRAIN) RICE
- 2TSP PAPRIKA
- 2 PINCHES SAFFRON
- 2 LITRES CHICKEN STOCK
- SALT TO SEASON
- JUICE OF 2 LEMONS
- 20G FLAT-LEAF PARSLEY

1/ In a large saucepan, steam the mussels in the white wine. Once they've opened, strain and reserve the liquid (you'll be adding it to the stock). Keep the mussels in their shells to one side.
2/ Heat oil in a large frying pan and fry the chicken pieces until they begin to change colour, then remove from the pan. Repeat with the squid halves.
3/ Add the chorizo and fry until it begins to change colour, then add the onion, green peppers and garlic, and sauté until they soften.
4/ Add the grated tomato and saffron and fry for another three minutes, then add rice and cook for a further five minutes. Next, add the paprika and fry for a further two minutes, then add the combined mussel liquid and chicken stock.
5/ Add salt to season and cook for approximately 20 minutes on a slow bubble until the rice is tender. Don't stir the paella like a risotto – rather shake it.
6/ When the rice is cooked, return the chicken, squid and mussels to the pan. Dress with lemon juice and cover for a further 10 minutes. Finally, sprinkle with roughly chopped parsley. Serve immediately.

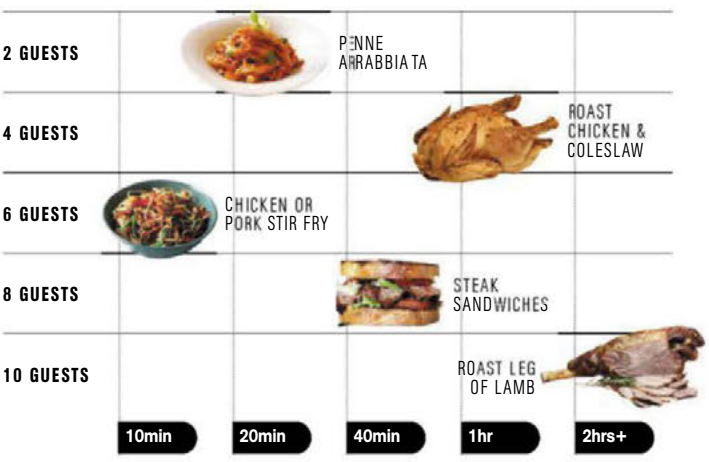


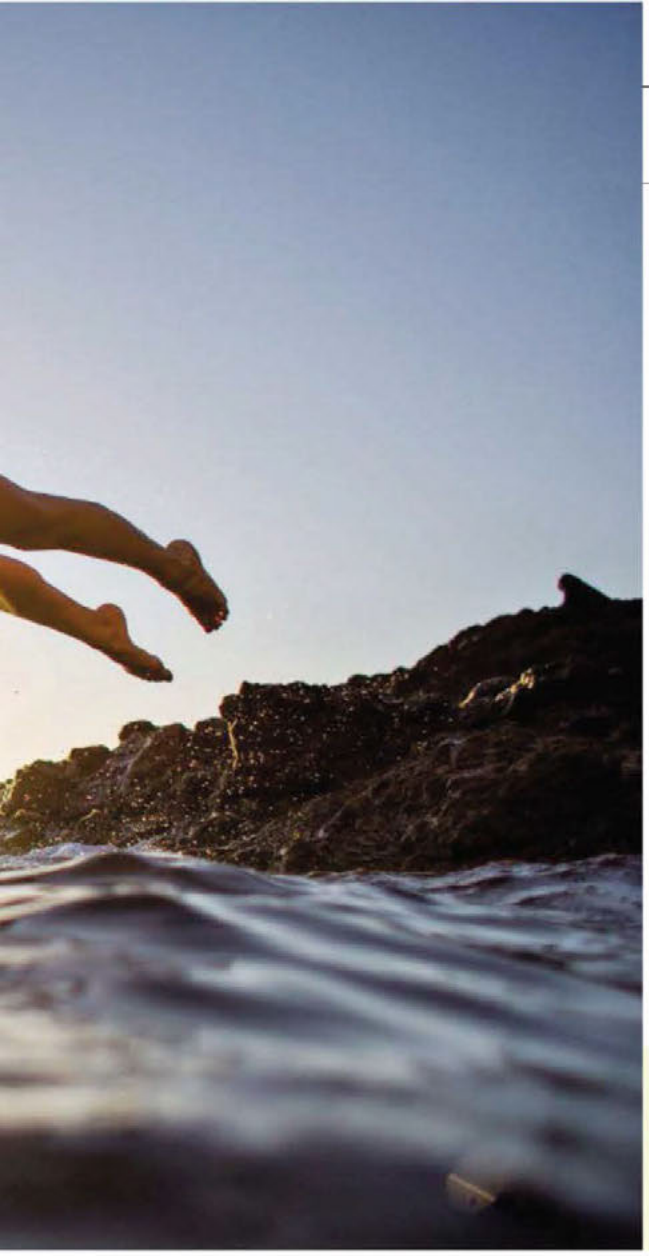


COOK THE CLOCK

08

Stuck for dinner ideas? Chef Pete Goffe-Wood drew up this handy chart that'll ensure everyone gets to dish up while keeping your stress levels down





DIVE RIGHT IN
If there's one investment you make this holiday, it should be waterproofing your camera – give your feed an Insta-upgrade with a few split-level sunset snaps

TURN YOUR SUMMER SNAPS INTO ART

Here's how to capture a picture you'll want to frame, by pro photographer @sachaspex

1/ "The most important piece of advice I can give is this: Be ready!" says photographer Sacha Specker (thespex.com). "You never know when that moment presents itself, and you don't want to miss it." Make sure you have a camera close by, there's no point in owning one if you're not shooting with it.

2/ "Sometimes the best way to capture the good times is to say nothing. Just take a few steps back and freeze the moment for what it is," says Specker. "Don't worry, after you've got the shots that you want, there'll always be time to gather the troops for a group selfie."

3/ "Make the most of the mornings and evenings. When the sun is low, light is less harsh and colours appear richer," says Specker. "No matter if you have a point-and-shoot, GoPro or the latest DSLR, this time of day will always give you more beautiful shots."

4/ Don't always zoom in or shoot at eye-level. Try zooming all the way out to show the entire scene, including landscape and clouds. You could also try lying down and getting some foreground in the frame, or even some horizon in the background.

5/ Cameras don't like water or sand – unless it's a GoPro. "This piece of technical ingenuity has made almost every environment accessible," says Specker. "Set it to 'burst' or 'time-lapse', mount it on a GoPole and capture the moment your mate pulls into the best barrel of his life."



Braai Fork
Not sure if the meat's ready? Don't cut it open to check, you'll end up drying it out. A braai fork is a simple solution: just jab the prongs into the meat and wait for it to register the temperature inside. It'll tell you if the meat is ready without spilling any precious juice. **R250** Woolworths

10/ BE A BETTER GUEST

1/ DIFFUSE AN AWKWARD MOMENT
It's bound to happen: at some point someone is going to shoot their mouth off. "I find the best solution is to make light of the subject and move on," says Ian Manley, owner of Cape-Town based PR company Manley Communications (manleycommunications.co.za). "Depending on the scenario, it can help to make fun of yourself to divert the focus from the guest who made the gaffe."

2/ KNOW WHEN TO CALL IT A NIGHT
No one wants to be the last guy at the party who just won't buzz off. "I would say that half an hour after coffee has been served is a good time to hit the road," says Manley. "If the hosts are in a party mood, sure, stick around. But if everyone's looking tired and the conversation is becoming 'hard work', it's a clear sign to get going."



11/ KING OF THE BEACH

Your leave request has been approved and you've paid the deposit on that perfect holiday house up the coast. But before you relocate to the beach for a well-deserved break, make sure you pack these essentials



1/ Throw Some Shade
Unless dehydration and sunstroke are your idea of a good time, you're going to need shelter. Beach umbrellas are clunky, prone to falling over and awkward to carry. Instead, invest in a pop-up beach tent from Natural Instincts. It's lightweight, easy to assemble and comes with a protective UV layer (and a layer of privacy). **R350** Sportsmans Warehouse



2/ Time for a Cold One
We don't know what your idea of heaven is, but waves, sun and a pack of beers suits us just fine. The Castle Ice Core fits a dozen beers and ice in a useful cylindrical cooler box. The strap and shape makes it easier to hoist around your shoulder and carry to the beach than the traditional options. The Ice Core comes with 12 beers. **R134** Selected liquor stores



3/ Let the Games Begin
Instead of bringing set of paper playing cards that could easily be destroyed by a knocked-over beer, invest in a pair of Go Travel Waterproof Playing Cards. The deck is made from a durable plastic material that also makes each card non-tearable, meaning that they'll be able to party as hard as you can. **R60** Trappers



4/ Submerge Your Selfie
Thanks to Instagram, it only looks like you're having fun if there are photos to prove it. The Watershot PRO Underwater camera housing fits around your iPhone, allowing you to snap selfies at up to 60m underwater. The Watershop PRO also comes with an additional wide angle lens. **R1 999** outdoor-depot.co.za



5/ Cook Up a Feast
A lazy day in the surf will make you surprisingly hungry, so look for a beach that allows you to host a braai. While you're at it, why not try out something new – smoke your meat. Keep it simple by investing in The Smokery Home Starter Kit and check out mh.co.za for great smoking recipes. **R100** Woolworths

– LEIGH SCHALLER



12/ THE NO-LETTUCE SALAD

Put the finishing touches on your Brazilian summer grill feast – this marrow side makes a great companion to your perfect *picanha*, says Alphonse Hoge

What You'll Need:

- HANDFUL OF SALT
- 8 ZUCCHINIS, SLICED LENGTHWAYS
- 4 TBSP OLIVE OIL
- 3 CLOVES GARLIC, CRUSHED
- 2 TBSP PARSLEY, FINELY CHOPPED
- 6 FRESH BASIL LEAVES, CHOPPED
- 2 TBSP MINT, FINELY CHOPPED
- 1 TOMATO, FINELY CHOPPED
- 1 TSP LIME JUICE

Salt the sliced zucchini and leave to rest in a colander for 20 minutes or until sufficiently dehydrated. Meanwhile, prepare the marinade by mixing the remaining ingredients. Rinse the zucchini with water, dab dry with paper towel and place on a pan. Place this over medium heat. Grill until zucchini is golden then remove, place in a deep dish and spoon marinade onto each successive layer until done. Leave to marinate for at least an hour before serving.

13

The Whisky That's Actually a Beer

Thanks to craft beer, we all know that the hoppy stuff isn't just for game days. Take your ale to the next level with a case of Innis & Gunn (@innisandgunnsa). Despite sounding like a weapons manufacturer, these guys brew the stuff like it's a whisky. "Matured in oak barrels that once contained whisky, the result is a full, rich beer," says importer Rowan Leibbrandt. We suggest you add it to your food – your paella will be better for it. **R125** (case of four) ngf.co.za



14

THERE'S A BEACH FOR THAT BOARD



Whether you're a keen longboarder or trying out SUP, there's a swell for your needs. Wavescape Festival founder and surf legend Steve Pike is here to help you find the ideal spot

1/ Short Board
The **New Pier** is a popular surf spot in Durban ideal for the high-performance short board. It's best on a low tide in a lined-up southeast swell with light south-west winds.
It's a fast and hollow tube that sucks over sand straight from take-off. Enter by jumping off the end of the pier during lulls. On average days, it's a consistent hot-dog wave.

2/ Long Board
The best breaks for the long board are crisp, smallish lines that roll down a point or mellow sandbar setup, giving the rider a chance to showcase those old-school riding skills such as walking to the nose, leaning into a cutback or the iconic soul arch bottom turn. Good spots for this are **Surfer's Corner** in Cape Town, **Miller's Point** in Port Elizabeth and **South Beach** in Durban.

3/ Big-Wave Boards
For the brave of heart and those seasoned in the way of the big winter swells of the Cape, it has to be **Dungeons** in Hout Bay. Pull out your 10-foot big-wave gun and drop into the multi-storey walls of Cape Town's most brutal surf spots. This big right-hander is seldom ridden by paddle surfers outside the event, but tow surfers ride it frequently.

4/ Body Board
The Wedge in Plettenberg is a renowned body boarder spot. Swells bounce off the rocks and head parallel to the beach where they merge with oncoming swells, creating the wedge. Not all the waves wedge up and, if they don't, it usually means the wave breaks too close to shore. A short but fun barrel under the right conditions: low tide with a clean three-to-four-foot swell.

5/ Stand-Up Paddleboard
The gentle rollers of the iconic False Bay beach are forgiving, so Muizenberg **Surfer's Corner** is a must. Even large guys with no skill can expect a gentle introduction to the art of this fast-growing sport. In fact, many learn how to do in on flat water, of which there are many locations, from rivers to dams and even canals.

15/

The Perfect Playlist

What's a holiday without a badass soundtrack? Tecla Ciolfi, editor at Deezer, South Africa's biggest streaming music service, put together a list of the hottest local acts, so listen up

1/ DJ CLOCK FEATURING BEATENBERG / *PLUTO*
So it's been played to death this year but whatever, the guy who's rolling his eyes now is going to be tapping his feet to this in no time.

2/ SHORTSTRAW / *BIKINI WEATHER*
One of our favourite bands of the year – the groovy appeal of this track is undeniable. Poolside listening at its best.

3/ GOLDFISH/ *ONE MILLION VIEWS*
The electro-jazz duo are the epitome of summer and this song serves as the perfect sundowners soundtrack.

4/ K.O. / *CARACARA*
Now this track actually does have a million views on YouTube. Hip hop's new kid on the block exploded onto the scene with what's quite simply one the biggest local tracks of the year.

5/ JEREMY LOOPS / *SKINNY BLUES*
The Loopster's folksy tunes are tailor-made for uninterrupted rotation and this upbeat gem will have you busting out your best air harmonica.

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Beyond the Blue PH48384

16

BOOK SOME TIME OFF

Pack a page-turner into your beach bag this summer – your brain will thank you



1/ The Deep Thinker
SNAPPER
by Brian Kimberling
When birdwatcher Nathan Lochmueller isn't observing the courtship rituals of the bald eagle, he reflects on his own tenuous relationship.
Read it because... Ever felt so part of a place that you'd never be able to leave, even if you wanted to? There's also a snapping turtle with a taste for thumbs and a German shepherd who howls back-up vocals.
For the guy who... Likes his characters on the quirky side. Nathan's Indiana is a landscape of contradictions, populated by shadowy Klansmen and do-gooder truck drivers.

2/ The Life-Improver
HOW TO DRINK
by Victoria Moore
A guidebook to classier quaffing, this entertaining book will show you the right way to drink everything, from coffee to sake.
Read it because... You're missing out on a whole new world of flavours, not to mention fun, that's swirling in your glass.
For the man who... Needs to know how to drink better at all times of day, on all occasions and across every season. It'll teach you the art of getting tanked like a connoisseur.

3/ The Tear-Jerker
THIS IS THE LIFE
by Alex Shearer
When Louis is diagnosed with a brain tumour, he turns to his distant brother for help. The younger sibling travels across the world to become a full-time caretaker, and in doing so narrates the entirety of their life together.
Read it because... You'll have something in your eye the whole way through, but you'll charge on anyway.
For the man who... Doesn't run screaming at the thought of another family gathering.

4/ The Strange One
WOLVES **by Simon Ings**
Augmented reality has replaced our view of the world with a digital reality. When two friends are offered funding to create a new form of global entertainment, they begin to realise the dangers that lurk behind the possibilities.
Read it because... This is no dry analysis of how technology might change us; it's a terrifying picture of a darker tomorrow.
For the man who... Wonders if there might be a gremlin in his Google Glasses.

5/ The Action-Packed Thriller
TIGERMAN
by Nick Harkaway
Lester Ferris, veteran of the British Army, is sent to the a fictional island to serve out his time in peace – only to find that the island is on the verge of an extinction event.
Read it because... Lester's orders are to sit tight, but he'll soon find himself becoming an unlikely saviour.
For the man who... Likes his heroes to give a damn.
– THOMAS OKES

17

The Sober-Up Sandwich

So you overshot the mark at pre-drinks... don't let that end your night. Get sober in a snap with this booze-busting sarmie. Toast the bread, smear on the bechemal and then add the ham and cheddar. Pop your cheesy salvation in the oven at 200° for around eight minutes. The protein in the ham will cushion your hangover, according to Newcastle University.

What You'll Need:

- 2 SLICES OF WHITE BREAD
- 2 TBSP BECHEMAL SAUCE
- 3 SLICES HAM
- 2 HANDFULS CHEDDAR, GRATED



18/ OH, THE PLACES YOU'LL GO

So you're stuck in the middle of town and there's nowhere to go? Not the case. Go forth and discover...

CPT

BOCCA CNR BREE AND WALE STREET, CBD

Pizza joints never really had a rep for being cool – until now. They've got a handmade pizza oven from Naples and make their pasta from scratch daily.

DBN

REPUBLIK CNR BROADWAY & KENSINGTON, DBN NORTH

The build-your-own burger joint with the wise-cracking menu is a fresh addition to everyone's favourite holiday city's expanding food offering.

JHB

STEAMWORKS CNR SUNSET AVE AND FOREST DRIVE, LONEHILL

A steampunk-inpired gastropub where pulled pork burgers and small-batch craft beers are never in short supply.

19/ SURVIVE A RUN IN WITH A SHARK

We're not saying it's not safe to get into the water, but hear out The KwaZulu-Natal Sharks Board when it comes to dealing with the big, finned guys

1/ TIMING IS EVERYTHING
Never around dawn or dusk. And especially not if you've been drinking. Got a wound? Don't think about it. Same with the Sardine Run – you don't want to be in the water during hunting season.

2/ DON'T PANIC
"The first impression that people would normally have when they see a shark swimming towards them is that it is coming to attack them. Most of the time, that is not the case. People end up getting bitten because they panic," says KZN Sharks Board's Mpho Lephaila.

3/ MAKE A SILENT RETREAT
"Do not try to 'run' or kick to get away from a shark; this causes the water to splash and it might think that you're trying to attack. It'll retaliate by biting," says Lephaila. "It might also think that you're an animal in distress, which will just attract it to you. Instead, swim gently and slowly away." – LS

20/ THYME + SESAME SEEDS + SUMAC + SALT



This Spice Blend Will Upgrade Your Cooking

The most versatile spice blend of the season is *za'atar*, a Middle Eastern mix that draws its power from thyme, which gives it a slight tang. Add it to yoghurt or hummus for a dip with a difference, mix with avocado oil to make an exotic roast-chicken rub or, hell, sprinkle it on your popcorn. Make enough the first time round to last you all through summer.

PHOTOGRAPHS DONNA LEWIS (4,12) JAMES GARAGHTY (1,9,11,13,16,20), ALEX FARNUM (10), TOM SCHIERLITZ (3), CRAIG FRASER/QUIVERTREE PUBLICATIONS (6), SACHA SPECKER (7), ISTOCKPHOTO.COM (8, 14) **FOOD STYLING** BRITA DU PLESSIS **STYLING ASSISTANT** YVETTE PASCOE **ILLUSTRATIONS** •ISM (2,5,17)

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#ITSGOTIME WIN A VIP TRIP TO THE PE SEVENS

Rugby-mad? You stand a chance to take three of your best buddies on a VIP trip to the Cell C Nelson Mandela Bay Sevens Tournament in Port Elizabeth, worth R40 000. The event promises to be rugby's biggest party of the year as the Friendly City plays host to Mi Casa, Jimmy Nevis and DJ Fresh – not to mention 16 of the world's best Sevens rugby teams.

Visit www.mh.co.za for more information

Competition Rules: All *Men's Health* competitions are open to anyone except employees of Media24, their immediate families, sponsoring companies or associated agencies. The judges' decision is final and no correspondence will be entered into. *Men's Health* reserves the right to forward the contact details of the readers who've expressed interest in that competition to the sponsors of competitions, and to use the reader details for marketing initiatives related to Media24. Prizes are not transferable, can't be exchanged for cash and must be claimed within 24 hours of notification. Styles/models and colours of prizes may vary. Winners will be notified telephonically or via email and must be over 18. Go to www.mh.co.za/terms-of-use/ for more info. Entries close on 3 December 2014.



VIVOBAREFOOT TRAIL FREAK

R1 489 NATIVESPORT.CO.ZA

These meticulously crafted made-for-trails shoes combine functional movement and supportive running, using high-tech, next-gen 3M materials and ridiculously light, armoured soles.

01

TECH LUST

JAWBONE MINI JAMBOX

R1 999 TAKEALOT.COM

Don't need an elaborate sound system? Take your tunes wherever you go with this Goliath-killing, Bluetooth-enabled little gem, which delivers incredible sound quality and volume for its size.

02

We reveal the 70 products that'll make you a better man. Turn over to plug into a better life

BY ARTHUR JONES ○ PHOTOGRAPHS JAMES GARAGHTY

2015



PHILIPS HUE

R3 200 (FOR STARTER KIT) HIVEZA.CO.ZA

Smart lights that connect to your phone or tablet over Wi-Fi, and that can be paired with music or even set up for security schedules. Don't forget to warn the neighbours before you let these little beauties turn your home into a concert venue.



MINIPRESSO

FROM R800 WACACO.COM

Being outdoors shouldn't stop you from getting your caffiene kick. Use this hand-powered, portable gadget to become a well-travelled barista, and the envy of campsites everywhere.



SONOS PLAY:1 SPEAKER

R4 490 TAKEALOT.COM

Make a (loud) statement with this clever speaker component. Still the industry standard, it gels together wirelessly and effortlessly with other Sonos sound makers.



SAMSUNG WW900 WASHING MACHINE

R20 000 SAMSUNG.COM/ZA

A washing machine? Yup, this has a huge, double-hinge door and 13-cm screen that make laundry duty a lot easier. And it can be controlled from your smartphone. It ain't cheap, but it's a taste of things to come.



DYSON AM05 BLADELESS FAN

R6 999 DIONWIRED.CO.ZA

You may have seen the original, but this one now does both hot and cold. It might be expensive, but this kind of tech is worth it. Well, that and the fact it looks like it belongs on the Starship Enterprise.



KRUPS ICE CREAM AND SORBET MAKER

R869 YUPPIECHEF.COM

It's summer, so you can understand the appeal. Just don't tell everyone, or you'll have constant visitors. Trying to get lean for the beach? Stick to the sorbet and leave the ice cream for your significant other.



NESPRESSO LATTISSIMA PRO

R7 499 YUPPIECHEF.COM

Instant barista skills at the push of a button. The best just got better, thanks to its new integrated froth or steamed milk options. Now, if only it dispensed those little dark chocolates...



SAMSUNG HU8500 55-INCH 4K UHD TV

R40 000 SAMSUNG.COM/ZA

No weird gesture controls or gimmicks – with this one, they've focused on the basics, and have done them very well: 4K greatness, vivid colours and refreshed tech that's created a new standard.



SEVERIN POPCORN MAKER

R599 YUPPIECHEF.COM

Air-popped, healthier snack-time goodness in less than three minutes. And steer clear of dodgy MSG-filled seasoning options (you know the ones we're talking about).



B 12 FITBIT FLEX
For simple motivation. **R1 199** takealot.com

B 13 GARMIN VIVOFIT
Gauge your workout intensity. **R1 799** capeunionmart.co.za

B 14 JAWBONE UP24
For non-stop monitoring. **R1 599** takealot.com

A 15 NUDGE Starting to collect different fitness tracking stats? Use this app to collect all the data from Fitbit, Jawbone Up, MapMyFitness, Strava and more into one total figure that you can check daily. If you'd like more in-depth info, you can pay for a proper analysis of your unique fitness trends. Free from nudgeyourself.com for Android and iOS.



W 16 WITHINGS ACTIVITÉ
This analogue artwork makes every other smartwatch look decidedly ugly. It has a simple activity monitor dial that lets you know at a glance when you've done enough (and it's not just counting steps, it can even measure distance swimming) and can check your sleep patterns too. It's a fitness tracker for the style conscious. **TBA** store. orange.com

E 17 BRAGI DASH
These are best for wire-free, phone-free use. That's right, no cables or smartphone pairing needed. It has 4GB built-in just for music, is water resistant, has a ear bone microphone and even though the batteries only last for three hours, it should cover any of your training sessions. Oh, and it can measure speed and distance, too, as well as your oxygen saturation and energy spent. One of our favourite pieces of tech, it's like a lab in your ears. **From R3 300** store. bragi.com

E 18 BIOSPORT SMART
Through an unconventional collaboration between rapper 50 Cent and tech giant Intel, a pair of earphones have been created that can measure your heartbeat and sync that data with fitness tracking apps – no strap, watch or battery needed. **TBA** biosport.com

E 19 LG HRM
Sometimes, it's easier when your tech just talks to you. These do real-time HR monitoring, but throw in a voice guide and a compatibility with the LG lifeband Touch activity tracker to see your numbers easily. **R1 980** lg.com



YUPPIECHEF COOKING CLASSES

FROM R175 YUPPIECHEF.COM

If she's an aspiring Masterchef, sign her up for a course from the slick, online Yuppiechef Cooking School – there's a range to choose from. She learns, you benefit from her newfound skills. Best gift ever.



PS VITA

R3 000 ZA.PLAYSTATION.COM

If she loves gaming (proper gaming, man, not *Angry Birds*), this is perfect. You can also use it to stream music, update her Facebook page, watch movies and use it as a wireless media hub. Hopefully you'll get some game time too.



THE OOH! BOX

R535 (FOR A MONTH) THEOOHBOX.COM

Does she enjoy wine? Exotic sweets? How about both, delivered to her door? Get her a subscription to the Ooh! Box club, where she'll get a huge hamper that includes four bottles, something sweet and a few other unique treats.



KINDLE PAPERWHITE

R2 199 TAKEALOT.COM

Okay, so it's not new-new, but if she enjoys her books, the Kindle PaperWhite is still the best (and easiest to use) e-reader around. Get her one of these, plus a couple of Amazon vouchers, and you're golden.



NEW JERUSALEM CHILDREN'S HOME

PRICELESS DESIGN

Constructed from 28 old shipping containers, this socially responsible construction by 4d And A Architects houses 38 children in a home that utilises natural light, runs on solar power, recycles water to the garden and took just six months to build, at a fraction of the price of a normal house.



ZEITZ MOCAA

ART FROM CONCRETE

At the Zeitz Museum of Contemporary Art Africa (opening in 2017) in the Old Grain Silo at Cape Town's V&A Waterfront, renowned architect and designer Thomas Heatherwick will be transforming the old, floorless tubes into functional concrete art and gallery spaces using innovative building techniques.

26

15 ALICE TOWERS

GLASS SKILLS

Designed by the talented team at Paragon Architects, what sets this apart as a smart building is the patterned glass skin that's not only functional (cutting out direct sunlight) but also changes with the light. This glass tech has never been used in South Africa before.





C 27 HITCASE PRO
Turn your iPhone into an action camera. Makes sharing while moving much easier. **R1 599** digicape.co.za

C 28 GOPRO HERO4 BLACK EDITION
Faster, slimmer and smarter than ever, bristling with some great editing software, this is your new adventure partner. **R7 499** capeunionmart.co.za

C 29 GOPRO FETCH
Make Butch the star of the show with this brand new harness. Just make sure he doesn't roll in any crap while wearing it. From **R650** gopro.com

P 30 LG G3
Looking for the most pixel-packed screen on the market? You've found it. This beauty matches the high-tech specs of its peers, and costs much less. And the build quality is pretty impressive too. **R6 510** store.orange.com

P 31 PANASONIC LUMIX CM1 ANDROID SMARTPHONE
With its one-inch sensor, 20MP resolution, f/2.8 Leica lens, mechanical shutter and manual control ring, this is a (loaded) photographer's dream. **When money is no object,** panasonic.com

P 32 IPHONE 6
Haters may hate, but for Apple acolytes, the best just got better. And now you have the jumbo-size option too (you'll need bigger pockets). Make sure you sell your old phone through the iStore so you have a hefty down payment on this new piece of hip hardware. **R9 889** (for 16GB) istore.co.za

P 33 GOOGLE NEXUS 6
Called a phablet, this is a larger smartphone that runs Android Lollipop, has a Quad Core 2.7 GHz chip, a beautiful six-inch AMOLED display, 13MP camera and a decent price tag. Part of the new more-is-more trend, it offers a solid option for both work and play. **R8 150** store.orange.com



P 34 INNER EXILE HYDRA COVER:
If you're saving for that iPhone 6, you'll want to protect it properly. In terms of cover science, this is as next-level as it gets, with a special patented coating that heals itself after being scratched. **R279** digicape.co.za

38



SONY DSC-HX60

R5 500 DIONWIRED.CO.ZA

With a massive 30x zoom, *blitzvinnig* processor and NFC (for easy pairing with tablets and phones) this is our favourite compact digital camera. Speed and performance in an attractive package. Just like you, right?

CANON EOS 700D

R7 700 (BODY ONLY) ORMSDIRECT.CO.ZA

Hands down the best entry-level DSLR on the market, this handy snapper will help you take pro-quality pics without the years of training. It has an 18MP sensor, flip-out touchscreen and great build quality. We're sold.



LEICA C CAMERA

WHEN **MONEY** IS NO OBJECT

This compact, new Wi-Fi-enabled shooter is not only the most beautiful camera available today, it's also filled with slick features – like a multifunctional lens ring and new remote control.



SAMSUNG NX3000

R4 999 SAMSUNG.COM/ZA

More than a pretty face, this retro-looking mirrorless camera takes great photos thanks to its 20.3MP sensor. Our favourite trick? The Wink Shot. Open the flip-up display screen, frame a face in the display and wink to capture a hassle-free selfie.



G&THA Did

39 TYPEFACES

FROM R270 TYPOGRAPHY.COM

A signature typeface adds a personalised touch to emails and stationery, even for the man who seems to have everything. Our recommendations? Gotham for the modern man, Didot for a more classic feel.



HERMAN MILLER MIRRA 2 CHAIR

FROM R12 979 ALLOFFICE.CO.ZA

Think it's expensive? Not as much as back surgery. You spend most of your time in this, so it should be something that protects your spine. Miller is the master of ergonomics, and this is an investment in your long-term health.



MOSHI VERSA KEYBOARD

R1 565 DIGICAPE.CO.ZA

Turn your iPad into a MacBook (or close enough) with this slick combo that's both a cover and a well-built Bluetooth keyboard that slides out when you're ready to type. Clever. If they could add a coffee maker, we wouldn't need an office.



BRUNTON POWER KNIFE

FROM R600 BRUNTON.COM

It may look like a little pocket knife, but this brilliant little tool is actually bristling with different adaptor ends, so you can easily charge or connect all your digital toys. Consider it the modern pocket tool for today's connected adventurer.



CLOUDGATE

R1 999 CLOUDGATE.CO.ZA

Looking for a small PC that doesn't come with that bulky tower? This stripped-down PC, running on Android OS, provides access to any Windows applications you need for a tidy price tag. Just add a mouse, screen and keyboard.



WD PASSPORT WIRELESS DRIVE

R3 399 (FOR 2TB) TAKEALOT.COM

A smart, easy-to-use wireless storage solution that connects to smartphones, tablets, cameras and more, this is essential for the home office or the man on the move. You do the work, it'll take care of the backing up, making sure you don't lose anything valuable.



SENNHEISER MOMENTUM ON-EAR HEADPHONES

R2 500 DIONWIRED.CO.ZA

Comfort plus technical brilliance equals one of the best sets of headphones ever created, especially considering the price tag. Sennheiser are known for their performance, but for the first time, they've made cans that look good too.



MICROSOFT SURFACE PRO 3

R18 352 KALAHARI.COM

The iPad may provide apps for downtime, but this is all about business. Granted, it's not cheap, but it'll take the place of a laptop. It's quicksilver fast, wafer-thin and comes with a brilliant Bluetooth stylus and an optional keyboard-and-cover combo.



JUST MOBILE TOP GUM BATTERY

R954 DIGICAPE.CO.ZA

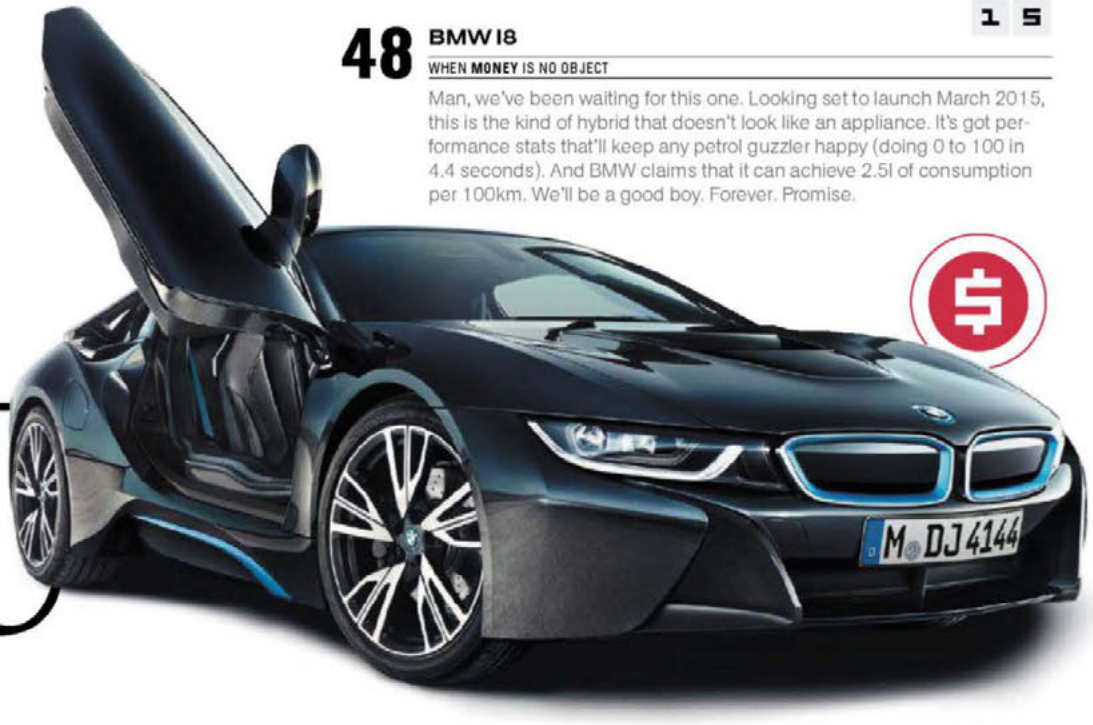
Not just a cool name, this nifty portable power pack comes in unibody aluminium with a built-in, tangle-free Lightning cable and a magnetic recharging dock. Perfect for charging up your smartphone or anything that needs juice and has a USB port.

Mot

48 BMW i8

WHEN MONEY IS NO OBJECT

Man, we've been waiting for this one. Looking set to launch March 2015, this is the kind of hybrid that doesn't look like an appliance. It's got performance stats that'll keep any petrol guzzler happy (doing 0 to 100 in 4.4 seconds). And BMW claims that it can achieve 2.5l of consumption per 100km. We'll be a good boy. Forever. Promise.





TOYOTA YARIS HSD

R276 300 TOYOTA.CO.ZA

Biggest is not always best. This little hatchback may seem expensive at first, but its cutting-edge 1.5l hybrid engine will save you serious petrol money, as it can get 3.6l per 100km (use the savings to buy tech presents from this list). It's got Toyota's hallmark reliability, and we like the new look too.



VOLKSWAGEN GOLF 1.4 TSI COMFORTLINE

R299 900 VW.CO.ZA

This former Car of the Year comes with a petrol-sipping (5.2l per 100km) engine and still has decent acceleration, thanks to revolutionary inner mechanics. And the interior is so good, it's no wonder the brand's more expensive German peers are a little nervous.



AUDI A4 ALLROAD QUATTRO

FROM R516 000 AUDI.CO.ZA

A station wagon, yes, but it's one of our favourites – providing a stiff, satisfying all-wheel drive while offering enough space for the horde and almost any kind of baggage. Golf bag? Easy. MTB? Yup. The media system is decent, and it looks great.



LO-FI OPTION: LAND ROVER DEFENDER AFRICA EDITION

R523 000 & R562 000 LANDROVER.CO.ZA

Granted, it has absolutely no revolutionary tech, and this 2.2l turbo diesel legend is about to be replaced – but we believe that if it ain't broke, it don't need fixing. If you're stuck in the middle of a Namibian desert, simpler engines are always better.



TOMTOM RUNNER CARDIO WATCH

R3 799 TOMTOM.COM

With a built-in monitor that uses a green light to sense the pulse in your wrist, this revolutionary watch means you can ditch your ugly heart rate strap. Then get yourself a training programme at mh.co.za, and enter a race for a proper New Year's resolution.



PUMA NIGHTCAT SYSTEM

R2 499 (JACKET ONLY) PUMA.COM

We've featured their ground breaking Nightcat jacket before (which has a LED light cable system and battery that charges via USB) but now you can also get road-running shoes and a backpack with LED illumination. It's smarter safety, more stylish than ever.



GARMIN FORE-RUNNER 920XT

R7 299 GARMINONLINE.CO.ZA

This is a wrist-based laboratory for the serious athlete that wants to be better in the water as well as on land. This is a triathlete's podium partner, but it can also be a training tool for any endurance competitor. A solid battery life and intuitive menus make this a winner.



OM SIGNAL BIO-METRIC BODYWEAR

FROM R2 200 OMSIGNAL.COM

Like the Athos, it uses sensors to track your vital stats while training, and the woven top also offers posture-correcting compression. Thankfully, this bodywear is easy to clean. But no matter how smart these garments get, they ain't going to do the work for you, buddy.



BALLO EYEWOOD

R1 350 BALLO.CO.ZA

Look after your eyes and be eco-conscious at the same time by investing in a pair of these stylish sunglasses made from sustainable wood. Wear the Barnes pair with the boardies below for an all-over ecofriendly outfit.



BOSE AE2W WIRELESS HEADPHONES

R3 000 BOSE SA

They probably won't win any awards for beauty with their grim Bluetooth module, but nothing can touch the quality of sound – and value for money – of these ear blasters.



BILLABONG SUBMERSIBLES

R899 BILLABONG.COM

Recycled boardies are nothing new, but Billabong have refined the art, ensuring they fit better and more comfortably, helping you to look after the planet and your style. This range looks just as good on land as it does in water.



GARMIN HUD

R1 999 (APP SOLD SEPARATELY) MAKRO

As if you needed an excuse to take a road trip. Find your directions, then use this tool – and its app, which pairs with your smartphone via Bluetooth – to project them onto your windscreen. Day or night, your car just became a fighter jet.



ANKI DRIVE RACE SET

R1 700 ANKI.COM

Like dinky cars from the future, this is a classic car set for the 21st century. Use an iPhone or iPod Touch to control the car; its built-in sensors help it stay put on the vinyl track. Compete against your pals or a computerised opponent. This is our kind of Hot Wheels.



NEW MATTER MOD T 3D PRINTER

R3 090 NEWMATTER.COM

With this (relatively) cheap, easy-to-use 3D printer, you can make almost anything. Want to skip the queues this festive season? Invest in one of these bad boys to create cheap Christmas presents for everyone in your family. You're welcome.



SPECIALIZED SIRRUS CARBON PRO

FROM R17 000 SPECIALIZED.COM/ZA

This lightweight speedster combines the performance of a road bike with a flat handlebar for easier handling and car-weaving. It'll turn heads, while saving you serious petrol moola in the long term.



PRINCE WARRIOR 100 ESP

R2 300 SPORTSMANSWAREHOUSE.CO.ZA

This racket features more power-providing tech than any other weapon of choice for pro tennis players. Invest in one of these and you'll start living on the court. Watch out, Novak.



SPEEDO FASTSKIN ELITE GOGGLES

R750 SPORTSMANSWAREHOUSE.CO.ZA

You may not have a trophy cabinet like Le Clos, but you can benefit from the same cutting-edge tech the big guns use in the pool. This is a brilliant fitness tool to take on holiday. Just add water.



SOURCE VIM 2L

R899 CAPEUNIONMART.CO.ZA

This feather-light, tough hydration pack is all about the perfect fit, and good for any kind of outdoor activity. The fully-insulated pouch holds up to 1.5l and is slim enough to fit under a jacket. Find new trails and get back into shape.



PHILIPS SONICARE FLEXCARE ELECTRIC TOOTHBRUSH

R1 679 KALAHARI.COM

Get rid of coffee and wine stains and stubborn plaque with this smart toothbrush that uses some seriously smart vibration technology. It also has an ultraviolet light that keeps the brush germ-free.



ORANGE CHEF PREP PAD

R1 670 THEORANGECHEF.COM

Measure your food with this smart scale, which also provides nutritional info via Bluetooth. Then see your meal breakdown in a beautiful graphic on your tablet or phone. A simple but effective way of watching what you eat.



PHILIPS AIR FRYER

R2 199 YUPPIECHEF.COM

Eating right is all about making the right decisions. If you enjoy your food fried, but want to eat a little healthier, this machine uses super-heated air to deliver deep-fryer results with 80% less oil. Next stop: the Nutribullet.



NUTRIBULLET

R1 999 YUPPIECHEF.COM

Featuring two kinds of stainless steel blades that don't need sharpening, this high-torque machine mills grains, nuts and any kind of vegetables – and keeps the fibre and pulp intact, along with all their nutrients. MH

R55 000 WORTH OF PRIZES

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TomTom Runner Cardio R3 799



Source VIM R899



Philips Sonicare Airfloss R1 679



Garmin Forerunner 910XT R6 099



Hitcase Pro R1 599



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Jawbone UP24 R1 599



Garmin Vivofit R1 799



Cloudgate R1 999



Ballo Sunglasses R1 290



PS Vita R3 000

WIN

TO WIN, GO TO MH.CO.ZA



Samsung Washing Machine R20 000

Billabong Submersibles Shorts R799





Philips Avance Airfryer 3L R4 217

Speedo FS3 Elite Goggle R750



Nutribullet R1 999





Vivobarefoot Trail Freak R1 489

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THE BEST SEX SHE'S EVER HAD

WE ASKED SEVEN WOMEN TO DESCRIBE THEIR HOTTEST HOOK-UPS. THEIR STORIES SHOULD GIVE YOU SOME IDEAS



BY JENNIFER MILLER

PHOTOGRAPHS BRYCE THOMPSON

"FOR THE FIRST TIME, I KNEW EXACTLY WHAT HE WANTED."

A few months ago, I was in bed with my husband when, in the middle of foreplay, he started making a bunch of requests. "Breathe into my ear," he said. "Now run your hand down my chest." Sure, we'd given each other pointers before, but we hadn't really talked that much during sex. So to hear my husband actually ask for something specific? That was new – and incredibly sexy. It gave everything he was doing to me a much greater sense of intention. When he asked for a certain kind of kiss or touch, everything felt more deliberate and meaningful. As a result, the sex was better than ever. Talking our way through it made me feel as if we weren't just frolicking in our separate sexual worlds, but rather acting in concert to create a mutually pleasurable experience. – STEPHANIE, 28

WHY IT WORKED She craves your feedback in bed. It's partly because of evolution, says Professor Paul Hokemeyer, a family and relationship therapist. "Women require more communication to be reassured they're in a safe relationship rather than a high-risk or dangerous one."

DO IT Start with simple requests, like "Kiss me" or "Come closer", before directing her down below, says *Men's Health* sex advisor Debby Herbenick. If she speaks up or guides you, go with it. That shows you care about her pleasure too.

"HE BENT ME OVER THE SINK AND PULLED UP MY SKIRT."

I was washing the dishes after a romantic dinner (but really hoping he'd interrupt). I was wearing my sexy best – thigh-highs and a short skirt – and was horny as hell. When he came into the kitchen and slipped his arms around my waist, I was up to my elbows in soapy bubbles. He held me tight and kissed the back of my neck; when I tried to turn around, he wouldn't let me. Instead, he bent me over the sink and pulled up my skirt. I gave him permission. I wanted him to control me, and it made everything incredibly sexy. – REBECCA, 38

WHY IT WORKED This is really about helping her feel safe enough to let herself go and live in the moment, says Herbenick. When you trust each other, she knows you want to make the experience as much about her enjoyment as yours.

DO IT Act on her signals – like when she's wearing especially sexy attire, Herbenick says. In a close relationship, you can be impulsive about taking control and seeing how it feels, if she's into it. Afterwards, talk about what she liked, didn't like or might change.









"HE'D JUST PEELED OFF MY PANTIES WHEN I HEARD VOICES. WE FROZE."

THE THRILL WAS GREAT... EVEN BETTER WAS TRYING TO BE QUIET."

"OUR COLLEAGUES COULD HAVE CAUGHT US IN THE ACT."

This new guy and I had been casually flirting on the job for a few weeks. We worked at a photo studio that shot models, clothes and lifestyle products. One of my duties was to manage the storage room, and one day, while I was inside cataloguing, my crush came by to chat. We started joking around... and the next thing I knew he was kissing me. The closet connected to a conference room, so I quickly shut the door. It wasn't too long before our clothes started hitting the floor. He'd just peeled off my panties when I heard voices. We froze. My boss had come into the conference room with some associates, probably for a meeting. The guy stared at me; I stared back. Trapped! So... why not carry on? The thrill was great: a new guy, a crazy new experience, the risk of discovery. Even better was trying to be quiet. When I was about to climax, he gave me his shirt to bite down on. It smelled like his cologne – my orgasm was seismic. – ANGELA, 32

WHY IT WORKED The fear of being caught sends a surge of adrenaline and endorphins through your system, heightening the passion, says Professor Jenn Gunsaullus, a sociologist and intimacy counsellor. But there's a subtler kick too: fooling around in secret makes you both feel that you're sharing a special bond – and that connection can linger after the act.

DO IT Maybe humping in the boardroom isn't a career risk worth taking. So draw out the anticipation by limiting workplace escapades to kissing, touching or rubbing – everything but the act itself, Gunsaullus says. Pausing at PG-13 until later is the kind of slow-build foreplay that women love. And the thrill of arousal in a public place will make the later release more intense.

←
SUMMER LUST
Take her cue to turn warm days into sweaty nights.



"HE PULLED MY UNDERWEAR OFF – BUT THE DRESS STAYED ON."

After a fancy holiday party one night, my date and I headed back to his place. I was wearing this red satin gown with a plunging neckline and black stiletto heels, and he wore a tux. We'd spent the night dancing, and it all felt very glamorous, like we were some movie star couple. It was romantic, even a little dreamlike. When I asked him to help me unzip my dress, he flipped me around to face him and started kissing me – all the way down my neck and into the plunge of my neckline. Then he pulled down one of the dress straps and started kissing my breasts. I looked down at my gown, his tux, his mouth around my nipple. It felt so naughty, our sophisticated clothing combined with our animal sexuality. It felt even better than if I'd been standing there naked. Then he started kissing his way down my dress, all the way to my feet, still in those stilettos, and worked his way back up – under my dress. Eventually he pulled my underwear off, but the dress stayed on. It was, by far, the best orgasm I've ever had. – LAURA, 30

WHY IT WORKED Any break from the expected puts our senses on high alert, from the visual (the contrast between red satin and his mouth) to the touch of his lips on her legs, Hokemeyer says. "For centuries, men have used the element of surprise in battle and sport to their advantage – two endeavours that, on a primal level, have similar qualities to sexual relations," he adds. "In all three there's an element of heightened awareness and sensation. And the accompanying rush of adrenaline can be seductive, titillating and physically gratifying."

DO IT Propose something radically different: in a survey of *Women's Health* readers, 65% said they might wear a mask in the bedroom, and 75% were at least somewhat interested in using a sex swing. You could also try couples vibrators, Herbenick suggests, like the We-Vibe 4 (*R2 489, matildas.co.za*).

"I LOOKED AT HIS MOUTH AROUND MY NIPPLE. IT FELT SO NAUGHTY, OUR SOPHISTICATED CLOTHING COMBINED WITH OUR ANIMAL SEXUALITY."



"WE ENDED UP IN MISSIONARY, AND EVEN THAT FELT EXCITING."

My boyfriend was an EMT, and one night he invited me to come by the fire station. We had the place to ourselves. He gave me a tour and we ended up in the garage. We played dress-up, trying on the firefighter uniforms, and then we climbed onto the trucks. I'd never been in an ambulance before, so he opened it up and ushered me inside. The gear was really heavy, so we started taking it off – and didn't stop. We ended up having sex on the floor of the ambulance. He sat on this low ledge, and I sat facing him on his lap. It was a familiar position, but it felt new and wild because the location was so unfamiliar. We ended up in missionary, and even that felt exciting. – ASHLEY, 24

WHY IT WORKED Women are just as aroused as men when they're introduced to unusual titillations, researchers from the University of Lethbridge in Canada found.

DO IT This won't require breaking into a fire station. Pretty much any setting outside the norm, Hokemeyer says, will achieve the desired effect, because it'll add a new and exciting page to your sexual playbook, whether you decide to go for it on the kitchen floor, or in the laundry room while the washing machine is on a spin cycle.

"I'D NEVER TRIED A THREE-WAY, BUT I WAS OPEN TO THE IDEA."

A friends-with-benefits guy I know asked me if I was open to trying a threesome with another woman. I was curious, so he arranged a dinner at his flat. When the woman walked in, I was blown away: skin-tight dress, tall boots, flowing hair. I was nervous as we got into bed, but she'd clearly done this before. She asked, "Do you like to be licked or sucked?" Um, both? I started kissing my friend, then she came over and kissed me while my friend was touching my breasts. There were so many possibilities. It was such a turn-on to have sex with my friend while she watched, and then to have sex with her while he watched. It felt a hundred times more intense. – JEMMA, 37

WHY IT WORKED People who are open to trying new things in bed report the highest levels of sexual satisfaction, Herbenick says. And a willingness to negotiate risky boundaries can bring you closer together, Gunsaullus says.

DO IT Work out the details of the ménage à trois ahead of time, Gunsaullus says. Discuss the boundaries, and consider leaving close friends out of it. A 2012 Canadian study found that women experienced greater physical arousal at the idea of having sex with strangers than doing the deed with friends.

"IT WAS INCREDIBLY SENSUAL. WE'D NEVER FELT CLOSER."

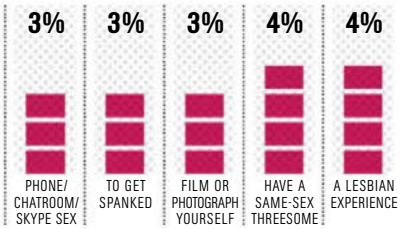
It was around 4am, and my husband and I were standing in the bedroom of a secluded cabin. We'd been married for only a couple of hours and, to be honest, neither of us had planned on having sex that night. Our friends had warned us, saying we'd be too tired and drunk. And they weren't wrong. I was fully prepared to just fall asleep. But then he started helping me off with my wedding dress. It was complicated – all the hooks and buttons and zippers. It wasn't a striptease. He was careful and gentle, and he kept stopping to kiss me. I was just so happy to be undressing in front of my husband. And it felt different from all the other times I'd been naked in front of him. Usually when we have sex, it's light and playful. But this was slow and serious, and when we touched each other, I felt this heightened sense of connection. It was incredibly sensual. Eventually we ended up on the bed, and the whole time, I remember thinking, I get to have you like this for the rest of my life. – LIZ, 34

WHY IT WORKED Herbenick studied thousands of couples and found emotional intimacy to be one of the strongest predictors of sexual pleasure and orgasm. "In some cases, emotional intimacy was even more important than love," she says.

DO IT Deepen the emotional charge in the bedroom by slowly treasuring her body and genuinely voicing that appreciation. Linger over typically neglected areas, such as her earlobes, Gunsaullus says, or the back of her neck. Both regions scored high in a 2013 study of erogenous zones by UK and South African researchers. Other overlooked hot spots? Her lower back and inner thighs. MH

The Best Sex You'll (Probably) Never Have

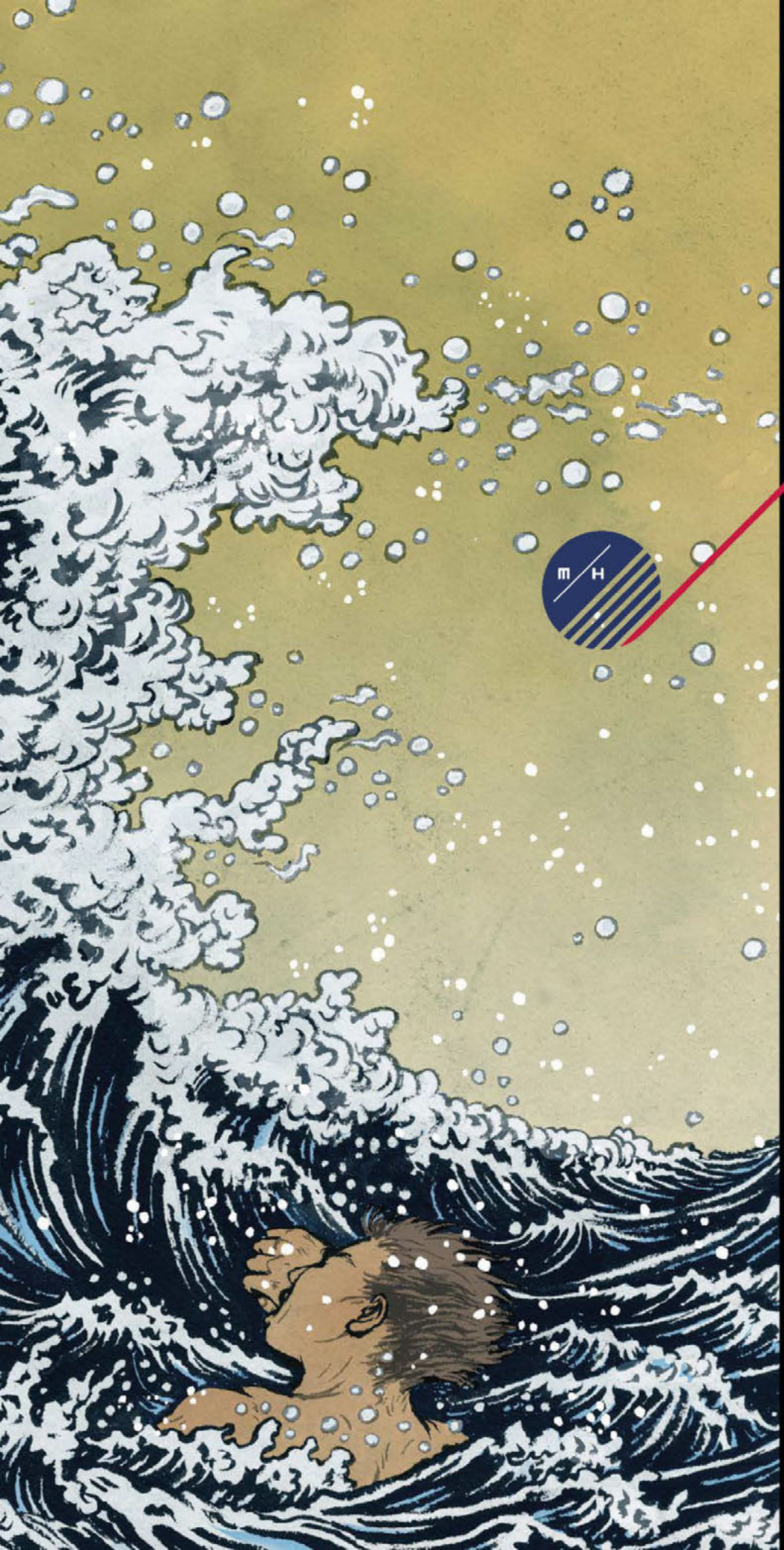
1 051 *Women's Health* readers rated the acts they're least likely to try



SOURCE 2014 *MEN'S HEALTH/WOMEN'S HEALTH* SEX SURVEY

TO THE POWER OF THREE Whatever formula you use, make her number one.





By Jim Thornton
Illustrations by
Yuko Shimizu

P. 149

The ocean should be a veritable playground, but for men it's a potential death trap.

Guys are drowning at alarming rates. Read this before you dive in.

in over our heads



On Sunday morning,

29 April 2012, Ravi Thackurdeen caught his first glimpse of the neon blue waters of Playa Tortuga, a secluded beach on Costa Rica's Pacific coast. The weather was perfect: cloudless, balmy, bathed in trade winds. Offshore, waves crashed on a submerged shelf where the depths of the ocean suddenly surrendered to shallower water. / Thackurdeen, a 19-year-old university student, was celebrating his last day of a dream semester abroad. One of 17 students chosen to conduct field research in Costa Rica, he'd spent months trekking the rain forest, collecting plant specimens and analysing the compounds found in the smoke of different tropical woods. His work promised to reduce respiratory illness among the indigenous Ngöbe people, who rely on open wood fires to cook their meals. The experience had changed his life.

When Thackurdeen's group arrived that morning, they found no lifeguards or warning flags. Nor were there any locals around to warn them: for all its beauty, Playa Tortuga is a treacherous place to swim. One of Costa Rica's largest rivers, Rio Grande de Terraba, spills out into the Pacific a short distance away, churning a chaos of invisible turbulence beneath the surface. On the beach's north end, a jungle-covered cliff extends like a natural jetty, further complicating the ocean floor's topography and causing unpredictable currents. Thackurdeen was a decent swimmer. He'd taken his first lesson at age four, and at varsity he'd easily passed the mandatory swimming test. But he'd also grown up hearing about how his grandfather nearly drowned in a rip current. Thackurdeen's mother, Ros, had watched this happen as a child. Years later, she made sure her kids heard the cautionary tale over and over again. As a result, they swam only in guarded pools.

It's impossible to know if Ravi Thackurdeen was thinking of his grandfather that April morning. But for his first two hours at Playa Tortuga, witnesses recall, he never went close to the ocean.

AFTER MURDERS, CAR ACCIDENTS AND MORTALITY CAUSED BY BURNS, nothing is a greater source of unnatural death in South Africa than drownings, according to a Medical Research Council (MRC) report from 2008. If fourth place seems relatively trivial, consider this: research presented at the 2011 World Conference on Drowning Prevention revealed that drowning stats collected in SA seriously understate the danger. Because most adults are very rarely exposed to bodies of water, they thus have practically zero risk of drowning.

But when researchers focused exclusively on active folks who do swim, and made adjustments for that exposure time, the calculus shifted dramatically: each hour spent in water is 200 times more likely to prove deadly than an hour cruising the highway. Water has been found to be especially dangerous during the high-risk years of adolescence to early adulthood (15 to 24) – where drowning is the leading cause of accidental death for South Africans. Of that group, men are especially vulnerable.

"Each hour spent in water is 200 times more likely to prove deadly than an hour cruising the highway."

The toxic combination of testosterone and H_2O was first confirmed in a classic study from Boston University that asked "Why are most drowning victims men?" After surveying 3 042 men and women ages 16 and older, the researchers determined that men spend more time than women do in all aquatic environments, and much more time engaged in high-risk activities, from surfing or scuba diving to jet-skiing and ice fishing.

Recent statistics in South Africa are harder to come by. Professor Ashley van Niekerk of the MRC Safety and Peace Promotion Research Unit says that though logistical challenges (and associated costs) make such research difficult, the numbers that are available are genuinely alarming. Data that he analysed between 2001 and 2005 suggests almost 80% of local drowning victims are men.

Part of why guys are inclined to take deadly risks in the water might be that they have inflated notions about their swimming prowess. A Boston University survey found that even though 93% of men claim to know how to swim, only half of them had actually taken swimming lessons.

This perception-versus-ability gap widens even more among the legions of guys who admit to regularly entering the drink while drunk. According to Van Niekerk's findings, just over 41% of adult drowning deaths in five of South Africa's major cities were alcohol-positive at the time of death. And one-third of these could be considered drunk to very drunk.

James Ross, a spokesperson for Lifesaving SA who has been involved in lifesaving for 27 years, says this seems to be an annual trend. "We find that each year we have a spate of drownings that involve matriculants and university students after their final exams," he says. "Often, lifeguards aren't able to prevent a tragic situation because guys get drunk and go out and swim at night at unmanned beaches." Unfortunately, these heroes can't be everywhere all the time to stop foolhardy men from getting themselves into deadly situations.

"Beer has long been associated with courage," says Gary Wise, an Aussie lifeguard, "but it's more often associated with poor decisions. There's no end to the stupid things I've seen drunken guys in the water do over the years." As the old quip suggests, the five deadliest words in the English language for men are, "Hold my beer. Watch this."

"Today, in our modern culture of trash-talking, GoPros and YouTube," says Wise, "there's even more incentive for men, whether drunk or sober, to show off their 'skills' in the water."

Inebriation, overconfidence, showboating: these aren't the only factors that can get you in over your head fast. Equally important, experts say, is widespread ignorance about a handful of common but woefully underpublicised aquatic assassins. When obliviousness to such threats lures you into deceptive waters, chances are you'll need both help and luck to escape.

BY 11AM, THE HEAT AND HUMIDITY AT PLAYA Tortuga had cranked up considerably. For two hours, Ravi Thackurdeen had played beach soccer with his friends. Sweaty and exhausted, with no shade trees to provide relief from the sun, he and a female friend finally decided to rinse off in the Pacific.

Brian Simmons, 28, arrived just minutes after Thackurdeen and his friend entered the sea. He'd moved to Costa Rica four months earlier to teach English to first and second graders, and nearly every day since then, Simmons had made the short hike to the beach from his rental house to relax and surf. Self-taught during his childhood summers, he describes himself as a decent but hardly expert surfer. That Sunday morning, he'd neglected to bring his board but didn't regret it. "It was an abnormal swell, definitely the biggest I'd ever seen there," Simmons recalls.

He was also struck by how many people were already at the beach – at least 15, he says – which was quite a throng, given how many times he'd found himself there alone. He dropped his towel and headed towards the ocean. Just as he began wading in, he spied a young couple almost 20 metres further out. It was, he'd later learn, Thackurdeen and his friend, now standing side by side in neck-deep water. Simmons watched as a huge wave broke over their heads, submerging and separating them.

When they surfaced, the wave's force had tumbled the woman closer towards the shore, but Thackurdeen was left behind in its wake. To Simmons, it looked as if an invisible river was dragging the man further out. Both students began yelling for help.

"The five deadliest words in the English language for men are, Hold my beer. Watch this."

On the beach, worried onlookers searched for rescue equipment but found nothing. The wave had pitched the girl close enough to the shore for several tourists to wade out and pull her to safety. But Ravi was well beyond their reach. "He'd started struggling almost immediately and was trying to swim back in," Simmons recalls. "It looked to me like he was panicking."

FEW FORCES OF nature are as dangerous as water in motion. A cubic metre of ocean weighs 1 027 kilograms – knee-high water, if it's moving fast enough, can chop-block a man of any size off his feet.

Tsunamis, class V rapids, the gnarly rollers so beloved by surfers: there's no shortage of phenomena that can turn water spectacularly lethal. But in terms of the sheer number of open-water victims affected, one threat dwarfs the rest, triggering more lifeguard rescues than any other single factor: rip currents. "When it comes to sea-based drownings in South Africa, the majority of incidents are caused by rip currents," says Ed Schroeder, a Lifesaving Co-ordinator for the Western Cape. It's a deadly formula, he says: "A rip current is nothing more than a drain formed by a channel in the sea bed. The water naturally rushes into the channel as it exits the beach."

ILLUSTRATIONS JAMESON SIMPSON

Surf's Up! Man Down!

Unless you're planning to stay beached this season, approach the ocean with this dose of reality and an ounce of prevention

Two Lifesaving Tips Every Man Should Remember



How to Spot a Rip Current

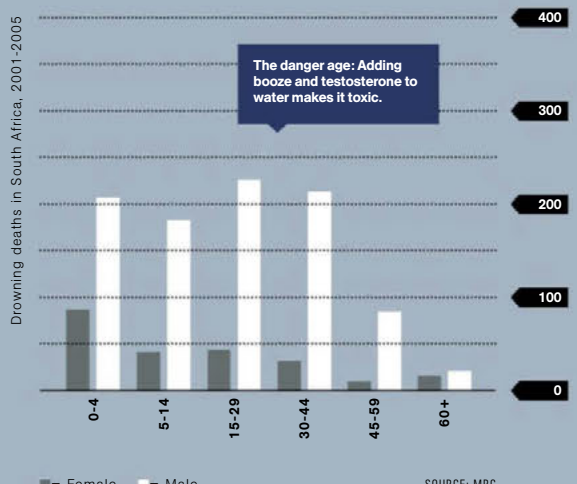
Before you dip a toe in, scan the surf for any of these clues: a channel of churning, choppy water; a change in water colour; a break in the incoming wave pattern; a line of seaweed or foam moving out to sea.



How to Escape a Rip Current

Your instinct will be to swim straight in, but the current is too strong. Instead, move parallel to the shoreline. Can't break the grip? Let yourself be carried out of the current, then swim left or right to safety.

Drowning in the Gender Gap



Depending on the size of incoming waves, the topography of the ocean floor and the prevailing winds, rip currents can move lazily or scary-fast. Their breadth from side to side can range from just a few to hundreds of metres. "Estimates also vary about how far out they go," says Dr Frank Pia, a pioneering researcher in drowning and aquatic injury prevention. Though most rips may lose their punch relatively quickly, he says, under the right circumstances, they've carried people nearly 800m offshore.

There's another key element that makes rip currents so dangerous to unsuspecting swimmers: their stealth. "Often you'll get waves breaking consistently and evenly in two places along the shore," explains Wise, "but in the channel between those spots, there can be no waves at all. To the untrained eye, this actually looks like a safe place to swim." In fact, it's the most dangerous because it's where outflowing water is returning to the sea. Wise knows firsthand how easily a swimmer can be fooled.

"You'll go for a dip to cool off and you won't feel you're in any danger." But then you stop, and suddenly this surprisingly strong force is pushing you away from the safety of shore. Instinctively you try to reverse course and head back to land. Now you lose your footing, so you lurch in a half-swim towards the shore, but this only makes you lose more ground. Before you know it, the water is chest-high and you're being pummeled by waves.

At this point, says Schroeder, most people start to panic. The fear of being pulled out to sea causes them to instinctively swim against the current in an attempt to reach the shore, but this is a deadly mistake, "because the force of the water moving out to sea is often so great that even the strongest of swimmers can easily be pulled out."

The smartest thing to do is to relax. Instead of exhausting yourself by fighting the rip head-on, swim across it – not against it – until the current releases its grip. Then let incoming waves bring you back to shore. Sadly, the last thing that panic recommends to a guy is to go with the flow.

"Knee-high water, if it's moving fast enough, can chop-block a man of any size off his feet."

DESPITE THACKURDEEN'S BEST EFFORTS, THE rip current soon swept him nearly a 100m offshore. Simmons knew he wasn't strong enough to attempt a high-risk "direct" rescue (using one arm to physically grab the victim and the other to swim them both back to shore). "Maybe earlier in my life, when I was swimming every day, I could have," he says. "But in those conditions I knew I couldn't reach him, let alone bring him back, without a flotation device."

Determined to help, Simmons sprinted along the beach and spotted an unlocked car with two boogie boards in the backseat. He grabbed them, raced to the water and started paddling out. Thackurdeen was now nearly 180m offshore.

Simmons soon realised that another man had joined the rescue effort and was swimming out with a small inner tube. "When we first entered the water, we could still see where Ravi was," Simmons says. "But by the surf line, the waves were just too big. Every time we went over a swell, we'd try to see where he was but couldn't. We couldn't hear him either. I don't think he was capable of making noise at that point."

All told, it took Simmons 35 minutes to battle the surf and swirling currents to reach the point where he still hoped Thackurdeen might be. But he never saw him again.

From shore, witnesses would later recount how tantalisingly close the two rescuers had come to reaching the drowning man, who appeared, in those last minutes, to be quietly treading to keep his mouth above the surface. Then he was gone.

Does the Ocean Have Your Number?

58
Percentage of drownings that took place between noon and 7pm
SOURCE: MRC, 2001-2005

55
Percentage of drownings that occurred during the summer months
SOURCE: NETCARE, 2013-14

79
Percentage of December drownings that took place in coastal areas
SOURCE: NETCARE, 2013-14

How to Prevent a Drowning

You aren't a trained lifeguard, but that won't matter to the person taking on water. Remember this 5-step plan for saving a life without losing your own



1/ Shout
Yell for someone to call emergency service, such as Netcare 911 (082 911) as soon as possible. Whoever calls for the ambulance must give the dispatcher an accurate location of the incident and a contact number at the scene.



2/ Reach
If the person is within arm's length of a pool deck or dock, lie face down and parallel to the edge and spread your legs for stability. Then reach for his or her wrist. Too far? Extend a pole, oar or towel. Handle the victim with care.



3/ Throw
Look around for anything that may be useful in retrieving the victim; a pool brush attached to a long aluminium pole or a boogie board. If you can't touch the person with a three-metre pole, toss a ring and tell them to grab on for dear life.



4/ Row
If the ring toss fails, grab a boat, kayak or surfboard, and set out. Tell the person to grab onto one side and then paddle back to shore. If he's unresponsive, brace yourself and use the reach manoeuvre (No. 2) to get a grip on his body.



5/ Go
No boat? No problem. Are you a strong swimmer? Grab a towel and anything buoyant. Swim to the person and extend the towel – not your arm. Many a lifeguard has been drowned by those they tried to save.



DROWNING DOESN'T LOOK like drowning, something researcher Pia first documented in footage shot during 21 swim seasons at New York's Orchard Beach. Pia, who was head lifeguard at the time, was the first to show that drowning victims don't flail, scream or otherwise sink after a violent, dramatic struggle.

Instead, he says, you exhibit what he's named the "instinctive drowning response." This set of involuntary behaviours is controlled by your autonomic nervous system. They're behaviours as innate as the reflex to jerk your hand from a hot stove. Among other actions, your arms involuntarily extend out from your sides and your hands press down, in an instinctive attempt to keep your mouth above the surface. Simultaneously, your torso becomes vertical in the water, your legs stop kicking and you lose all ability to shout or even speak.

As a result, your final moments before submerging are silent and unspectacular. "It's not uncommon for drowning people to be surrounded by people close by who have no idea a drowning is even taking place," says Pia. This is something the residents of Ratau hostel at North West University found out in 2012, when Thabang Godwin drowned in the campus swimming pool while surrounded by a host of first-years. No-one noticed until it was too late. Regardless of how unremarkable the process appears to others, once the instinctive drowning response kicks in, you've become so exhausted that you have only 20 to 60 seconds more before sinking. Barring miraculous retrieval from the depths, submersion then sets off a physiological death spiral that follows its own inevitable course.

ASSUMING YOU'RE STILL CONSCIOUS WHEN YOU GO UNDER, YOUR first reaction will be "voluntary apnoea" – holding your breath for as long as you can. Eventually, rising carbon dioxide levels in your blood will bring you to the breath-hold breaking point, when the urge to breathe becomes too irresistible to ignore. It doesn't matter if you're under water when this point is reached; nothing you do will stop you from inhaling. Researchers call this the "terminal gasp."

"When water comes down the airway," says Steinman, "your body will try to defend itself by slamming your vocal cords shut to keep water out of your lungs. A few revived victims even say they can remember the unpleasantness of trying to breathe through closed vocal cords." Eventually, oxygen levels plummet so low that you lose consciousness and this laryngeal spasm finally breaks. If you're still alive at this point, nothing can prevent inhaled water from flooding your lungs. Regardless of whether this is fresh or salt water, this incursion wreaks havoc with the tiny breathing sacs, called alveoli, where oxygen enters your blood and CO_2 leaves it.

"Alveoli look like microscopic grapes," explains Steinman. Each one is coated by a special fat- and-protein substance called surfactant, which works to keep the air sacs open, like the soap in soap bubbles. Fresh water, alas, renders the surfactant ineffective, and salt water washes it away. The net result is the same – multiple alveoli end up collapsing, making them unable to infuse your blood with oxygen. Water in the lungs also damages the mesh of capillaries surrounding the alveoli, causing them to leak. Viscous protein-laden blood plasma leaves the bloodstream and enters the lungs, further reducing the amount of viable lung tissue remaining. If a victim is rescued in time, the one-two punch of collapsed alveoli and fluid build-up make resuscitation challenging at best.

Degrees of Drowning

Fall into 10°C water, and here's the fate that awaits as your body temp sinks

37°C

IMMERSION
Involuntary gasp for air; chance of sudden drowning syndrome (see previous page)

37°C

0-2 MINUTES
Faster heart rate and breathing, and higher BP; unable to hold breath as long as usual.

36°C

2-30 MINUTES
Increased metabolism; muscles shiver to generate heat; loss of dexterity

35°C

30 MINUTES
Mild hypothermia; cold muscles in arms and legs make treading water difficult

34°C

1 HOUR
Impaired judgment; heart rate begins to slow; without a life jacket, high risk of drowning

33°C

2 HOURS
Loss of muscle control: involuntary urination

32°C

3 HOURS
Metabolism slows to 75% of normal; increased impairment of mental function

31°C

4 HOURS
Shivering stops; cooling rate accelerates

28°C

5 HOURS
Severe hypothermia: loss of consciousness likely; heart rate and O_2 consumption reduced by half

19°C

7 HOURS, 55 MINUTES
Hypothermia is profound: No measurable brain activity

(EFFECTS WILL VARY BASED ON SUCH FACTORS AS FAT STORES, SEA CONDITIONS, BODY SIZE AND CLOTHING.)

"The combination creates a severe hypoxia condition that has to be corrected," says Steinman. "You have to use suction to remove the pulmonary edema fluid and just hope there are still enough noncollapsed alveoli remaining for the victim to absorb oxygen."

Few lung-flooded victims, however, survive long enough to face such a dilemma. Unless the person is pulled from the water quickly, oxygen deprivation will lead to brain death. That can take as little as six minutes in a warm swimming pool, but in chillier bodies of water, thanks to the ability of the cold to preserve the viability of the brain and other organs, that window can extend up to an hour.

WHEN A POLICE BOAT FINALLY REACHED Playa Tortuga, the pilot quickly plucked one of the exhausted would-be rescuers out of the ocean. Then he tried to coax Brian Simmons aboard as well. Simmons declined, determined to keep searching.

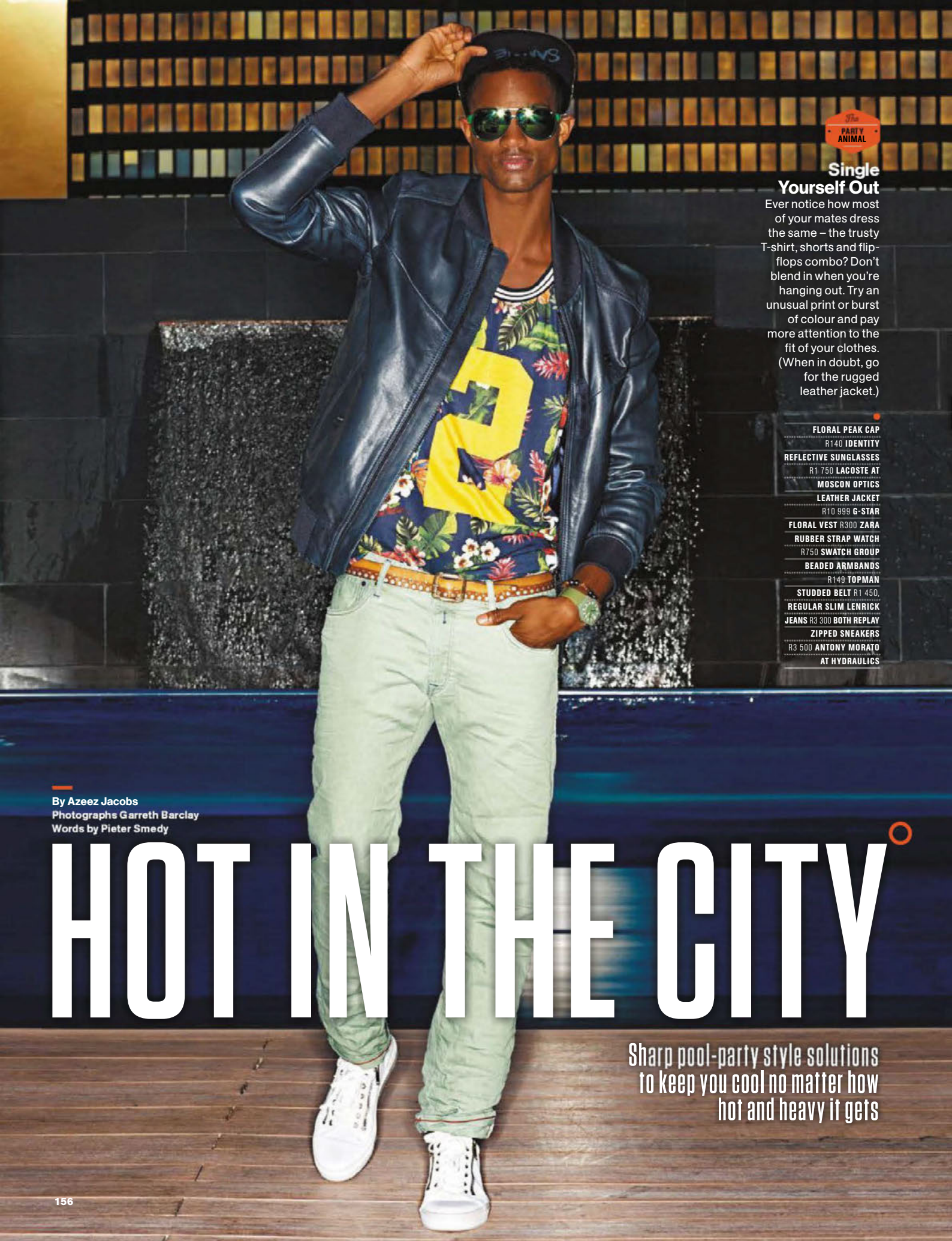
Exhausted and distraught, Simmons clung to his boogie board, remembering how many times he'd swum – alone and without any flotation – in these same waters, oblivious to danger. It occurred to him that he'd never actually meet the stranger he'd tried so hard to save, a young man who, like himself, had come here for adventure and a chance to make a difference in the lives of others.

When Simmons finally accepted that the search was hopeless, he was nearly half a kilometre offshore. The water was now so rough and churned with currents that it took him 40 minutes to swim back in.

It was only on Tuesday afternoon, 52 hours after Thackurdeen disappeared, that a fisherman reported spotting a body on a beach several hours away. His parents made the identification. "This was an ordeal nobody should ever have to go through," Ros says.

FOR PEOPLE WHO LOVE THE WATER, FEW aspects of life rival the pleasures of a summer swim. But it's also true that few can turn lethal so quickly, pitching us into mortal jeopardy that we can't always escape on our own. The solutions seem so obvious: stay sober; always swim in guarded waters; wear a life jacket on boats and in cold water; learn to recognise and avoid the conditions that have already drowned so many of our brothers; and don't be ashamed to call for help.

Perhaps most of all, says lifeguard Wise, we need more respect for the water's power – and a little less for our own. "As men," he says, "we need to know our limitations."



The PARTY ANIMAL

Single Yourself Out

Ever notice how most of your mates dress the same – the trusty T-shirt, shorts and flip-flops combo? Don't blend in when you're hanging out. Try an unusual print or burst of colour and pay more attention to the fit of your clothes. (When in doubt, go for the rugged leather jacket.)

- FLORAL PEAK CAP R140 IDENTITY
- REFLECTIVE SUNGLASSES R1 750 LACOSTE AT MOSCON OPTICS
- LEATHER JACKET R10 999 G-STAR
- FLORAL VEST R300 ZARA
- RUBBER STRAP WATCH R750 SWATCH GROUP
- BEADED ARMBANDS R149 TOPMAN
- STUDDED BELT R1 450, REGULAR SLIM LENRICK JEANS R3 300 BOTH REPLAY
- ZIPPED SNEAKERS R3 500 ANTONY MORATO AT HYDRAULICS

By Azeez Jacobs
Photographs Garreth Barclay
Words by Pieter Smedy

HOT IN THE CITY

Sharp pool-party style solutions to keep you cool no matter how hot and heavy it gets



The BUSINESS MAN

We're Sensing a Pattern

Whether you're going with paisley, polka dots or micro check, small prints are the season's biggest trend. If you're worried it's all a bit much, tone down with a navy blazer or button your shirt to the top and finish off with a tie.

BLAZER R11 500 **(FULL SUIT) HACKETT LONDON**

POLKA DOT SHIRT R2 400 **TIGER OF SWEDEN**

PAISLEY POCKET SQUARE R200 **POLO**

STRIPED TIE R1 500 **HACKETT LONDON**

MONTRE PILOT WATCH R74 995 **ZENITH AT PICOT & MOSS**

TIE PIN R189 **TOPMAN**



The HIGH ROLLER

The No-Sweat Formal Plan

Got a black-tie event on a sweltering midsummer's night? Don't be that guy with the face sweats –wear a fitted, double-breasted blazer over an airy V-neck T-shirt to keep cool without messing with the dress code. Finish the look with dark denim jeans and a pair of polished brogues.

SUNGLASSES R2 590 **OLIVER PEOPLES AT SUNGLASS HUT**

DOUBLE-BREASTED BLAZER R3 500 **VIYELLA AT HOUSE OF MONATIC BOUTIQUE**

V-NECK T-SHIRT R1 395 **ANTONY MORATO AT HYDRAULICS**

LAPEL PIN R100 **NIC HARRY**

POCKET SQUARE R300 **CARDUCCI AT HOUSE OF MONATIC BOUTIQUE**

SLIM LINE WATCH R5 500 **TW STEEL AT LUXCO**

SLIM FIT JEANS R800 **ZARA**

SOCKS R170 **NIC HARRY**

BROGUES R2 350 **BEN SHERMAN**



The PERFECT DATE

Seduce Her with Style

On a date, you want your outfit to say: hey, I know how to dress without trying too hard. Forget about wild patterns or garish colours, a classic black blazer is the answer. Add detail with something small, such as a lapel pin or pocket square, and opt for a striped T-shirt rather than a plain one. Whatever you do, get your shoes right – she will notice. We recommend loafers or leather brogues.

DENIM-COLLARED BLAZER R5 500 **DIESEL**

STRIPED T-SHIRT R200 **TOPMAN**

CLASSICO WATCH R2 950 **HUGO BOSS AT S. BACHER & COMPANY**

LEATHER AND METAL LINK ARMBAND R259 **TOPMAN**

RADAR SLIM JEANS R2 400 **G-STAR**

LEATHER BELT R160 **EDGARS**

POLKA DOT SOCKS R60 **POLO**

HUDSON SHOES R3 400 **REPLAY**

SHE WEARS

DRESS R500 **MILLA AT YDE**

STILETTOS R500 **SISSY BOY AT EDGARS**



The CLUB HOPPER

City Slicker

Looking to give your dance-floor get-up some edge? A sleeveless denim jacket will do the trick. Popped over a T-shirt, it gives you that rockabilly style and, because it doesn't have sleeves, keeps you cool too.

DENIM SLEEVELESS JACKET R749 **TOPMAN**
PRINTED T-SHIRT R800 **G-STAR**
LEATHER BELT R1 450 **REPLAY**
SLIM FIT JEANS R700 **TOPMAN**
LEATHER STRAP WATCH R12 000 **LUMINOX AT TREGER BRANDS**
CONVERSE R500
LEVI'S FOOTWEAR

GROOMING SIAN AT INFIDELS **MODELS** BRANDON AT FUSION AND KYLA AT ICE **LOCATION** PAK INN HOTEL **FASHION ASSISTANT** TANYA NORTJE



The COOL DUDE

End on a High-Low Note

Master the messy-dressy look by pairing your striped shirt with a bow tie and baseball cap. The result is an outfit that's formal, but not stuffy. After midnight, lose the bow tie, tuck the pocket square away and pop a shirt button.

BLACK PEAK CAP R400 **NEW ERA AT SPORTSCENE**

DRESS SHIRT WITH BOW TIE R1 600 **SCOTCH & SODA**

DENIM SUNGLASSES R2 649 **DIESEL AT MOSCON OPTICS**

LEATHER ARMBAND R950, **LEATHER BELT** R1 540 **BOTH REPLAY**

SLIM FIT JEANS R1 700 **SUPERDRY**

WHERE TO BUY

ACA JOE	021 461 1207
ALL HAIR SOLUTIONS	011 791 3644
AMERICAN SWISS	021 938 1943
BARNET FAIR	021 424 1302
BEN SHERMAN	021 425 8996
CLICKS	0860 254 257
DAVINES	011 791 33 85
DERMOLOGICA	011 268 0018
DIESEL	011 630 4000
DISCHEM	086 0347 243
EDGARS	0860 692 274
G-STAR	021 418 9000
HACKETT LONDON	011 784 0342
HOUSE OF MACHINES	021 426 1400
HOUSE OF MONATIC BOUTIQUE	011 467 2939
HYDRAULICS	011 884 8538
IDENTITY	021 460 2400
JORDAN	021 590 7000
LEVI'S	021 403 9400
LEVI'S FOOTWEAR	011 630 4000
LUXCO	011 448 2210
LUXOTTICA	021 486 6100
MANGO	011 783 7907
MOSCON OPTICS	011 483 8000
MR PRICE	0800 212 535
NATURE'S COLOURS	011 440 3319
NIC HARRY	072 674 4428
OLD KHAKI	086 520 6946
PICOT & MOSS	011 669 0500
POLO	011 258 7600
PUMA	021 555 2145
QUEUE SHOES	021 531 5450
RED SQUARE	0860 692 274
REEBOK	031 813 5770
REPLAY	021 418 8507
S. BACHER & COMPANY	011 372 6000
SCOTCH AND SODA	011 784 3233
SPORTSCENE	0860 576 576
STUTTAFORDS	011 879 1000
SUPERDRY	021 418 2748
SWATCH	011 911 1200
TAN ORGANIC	011 285 0039
TED BAKER	011 450 1156
TIGER OF SWEDEN	011 784 0561
TIMBERLAND	011 483 3844
TOPMAN	021 419 5900
TOPSHOP	021 419 5900
TREGER BRANDS	0861 220 861
TRUWORTHS	021 460 2300
TUMI	011 783 4636
VICTORIAN BATHROOMS	021 704 2340
YDE	021 465 0488
ZARA	021 446 8700

Your Beach Bucket List

Men reveal what comes up when they're down by the seashore

THE AVERAGE GUY

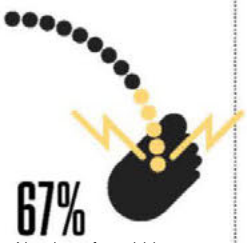
String Bikini Swimsuit style most likely to make the average guy's sunglasses fog up



The average guy's Oscar vote for "Best Performance in a Bikini"



1 in 3 Number of guys who've been stung by a jellyfish



67% Number of would-be heroes who say they'd pee on a friend's sting

ZERO Percentage chance this "treatment" will work better than plain seawater

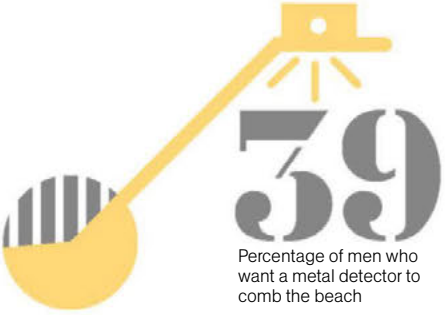
10



Percentage of men who've let it swing free on a nudist beach

DORITOS Most common junk-food crumbs on the average guy's beach blanket

Six Months Time the average guy needs to get his body beach-ready



Percentage of men who want a metal detector to comb the beach

FIND BURIED TREASURE

Combing the sand is surprisingly lucrative. Take it from Terry Soloman, a New York beach hunter who found over R35 000 in gold at the shore last year. "Head out at low tide and work along the crusty line in the sand left by the last high tide," he suggests. Try the Garrett Treasure Hound (R4 429, metaldetectors-africa.com).



Percentage of men who've lost their swim trunks in the ocean



Percentage who've emptied their bladder under the waves



Top place where the average guy stashes his valuables



Percentage of guys who've had property stolen at the beach



Percentage of men who've offered to help a hot female stranger apply sunscreen



Percentage who (score!) had the offer accepted



Percentage of women who say people look healthier without a tan



RAYS AWARENESS

Watch your head: A CDC study shows that people who develop melanoma on their scalp or neck are least likely to survive it. The cancer is often missed up on top, says Dr Wilma Bergfeld, codirector of dermatopathology at the Cleveland Clinic. Wear a UV-blocking cap from the Adidas ClimaCool range (from R169, adidas.co.za) or use hair gel with SPF, like Heliocare Silk Gel (R284, dermaclinic.co.za).

56 Percentage of men who won't let skin-cancer warnings stand in the way of a great tan



Percentage of men who've had sex on the beach



Number who quickly realised sand has a way of ending up everywhere



65 Percentage of men who worry about becoming a star on Discovery's *Shark Week*

ILLUSTRATIONS LAMOSCA

JWT65744



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62 BEST MOVES FOR 8-PACK ABS

BEACH BODY DEFINITION!

HOTEL ROOM WORKOUTS!

SHED 5KG OF FAT BY 2015!

Men'sHealth

ELITE TRAINING
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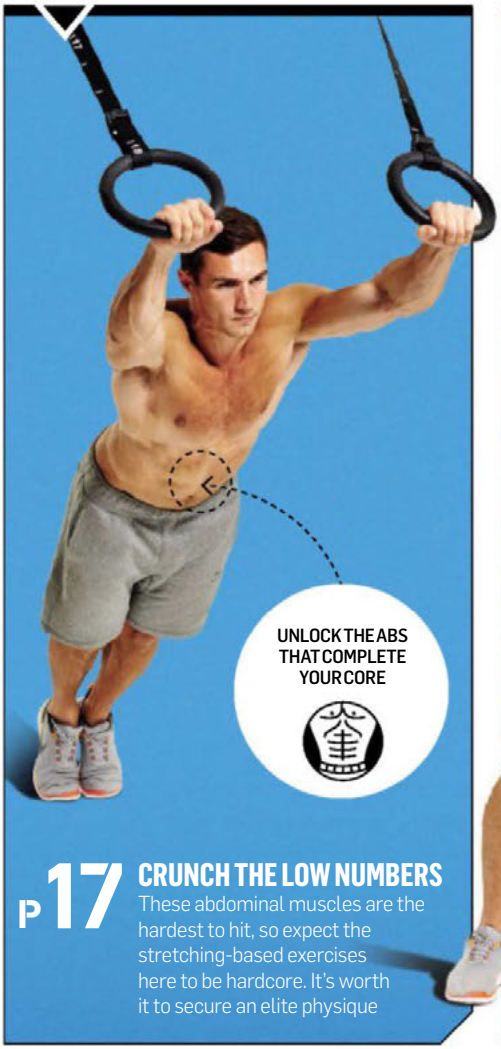
YOUR 8-PACK PLAN

Your abs are under there, even if you haven't seen them yet. This manual will give them their day in the sun before summer's over. Our four-part programme targets your core from every angle for results that will long outlast your tan lines. Get ready to redefine your strength and fitness

P06 **KICKSTART YOUR GROWTH**
Take it from the top, gentlemen. Unearth your upper abs with 12 crunching and flexing moves that will test your core strength in ways no sit-up ever could

P12 **SUPPORT YOUR PROGRESS**
Why settle for a simple six-pack? Add extra lines with moves selected to chisel your serratus and intercostals, to see muscles you didn't even know you had





P17

CRUNCH THE LOW NUMBERS

These abdominal muscles are the hardest to hit, so expect the stretching-based exercises here to be hardcore. It's worth it to secure an elite physique

P22

TARGET YOUR OBLIQUES

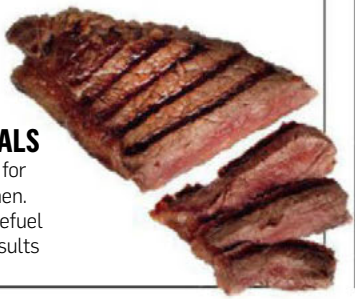
Add the finishing touches to your torso by hammering your obliques. These 8 twisting moves are all you need to leave Ryan Gosling in the shade come summer



P27

LEANER MEALS

Take your fight for abs to the kitchen. This is how to refuel for lightning results



P30

DIY AB PLANS

Finally, create your bespoke regime with our easy-to-use workout grids



BEST IN SHOW

Squeezing and crunching your abs together has long been the mainstay in routines used to construct a stronger core. The 12 exercises here use upgraded versions of these flexing movements to hone your upper abs and kickstart a new level of definition, just in time for summer



01

STABILITY BALL OVERHEAD CRUNCH

DIFFICULTY ●●○○○

Throw your arms up to rope in extra force and overload your upper abs – generally the strongest of the pack. Lie with a stability ball under your lower back and lock your arms (**A**). Lift your torso off the ball, pulling the bottom of your ribcage toward your hips. Squeeze your abs hard at the top (**B**). Eight-pack physics in action.

USE GRAVITY AS YOUR PT

Anything held above you (even your arms) instantly intensifies a flexing move

02 PLATE CRUNCH

DIFFICULTY ●●●○○

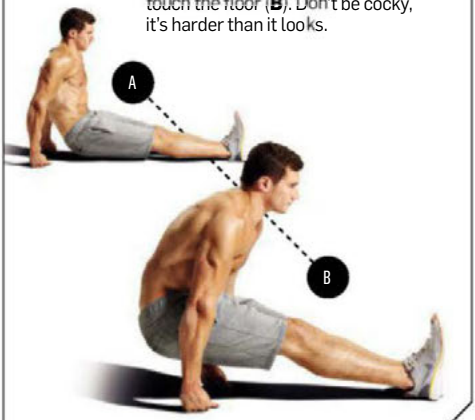
The weight plate and ball force you to make tiny adjustments in order to stay balanced, firing more muscles in your core. Cross your arms over the plate, lower back resting on the stability ball (**A**). Lift yourself up, as with move 01 (**B**). Steady now.



03 AB SNAIL

DIFFICULTY ●●●●●

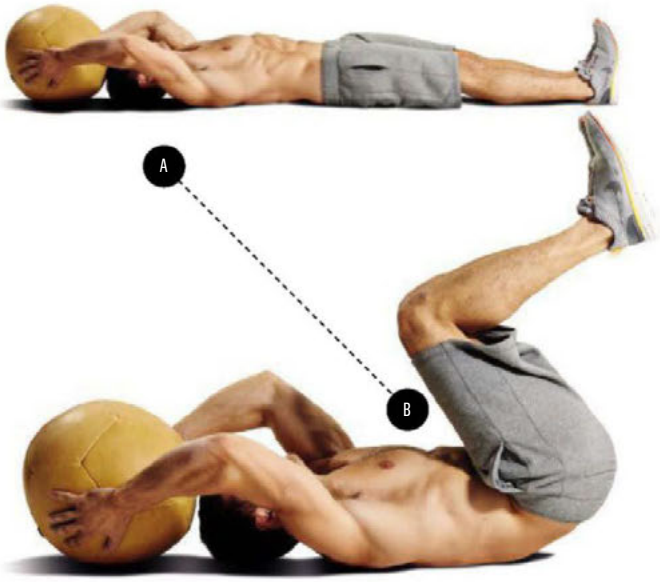
A gymnastic move you can do anywhere: start in an L position, legs together and hands behind you (**A**). Squeeze your shoulders and use your abs to pull your hips back without letting your glutes touch the floor (**B**). Don't be cocky, it's harder than it looks.



04 REVERSE CRUNCH

DIFFICULTY ●●●○○

Lie on your back with a medicine ball behind your head (**A**). That's the easy bit. Now lift your legs and bend your knees, holding the ball with both hands to steady yourself. Bring your knees towards your chest and let your lower back lift up slightly (**B**). Drawing your pelvis closer to your ribcage sandwiches your upper abs into an intensely flexed position, so if it burns like hell you're doing it right. Return, without letting your heels touch the ground for extra points.



GO AS HEAVY AS YOU CAN

More weight means stronger and more defined abs for athletic performance





05

ROPE CABLE CRUNCH

DIFFICULTY ●●●○○

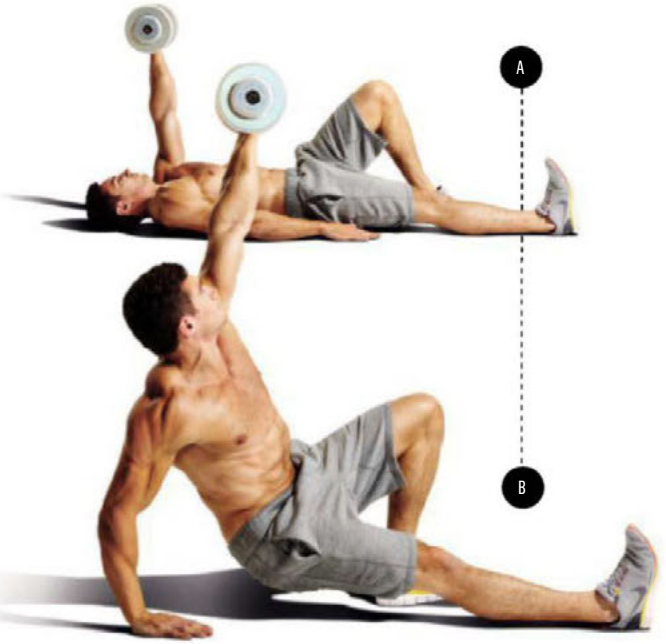
This move flips normal crunches on their head to build bigger muscle across your top four abs so they look more prominent. Fix the rope attachment to the highest setting of the cable crossover tower and kneel upright in front of it. Hold the handles either side of your head (**A**). Curl your upper body towards your knees using your core, not back (**B**). Rise up and bow again.

06

PARTIAL GET-UP

DIFFICULTY ●●●○○

This strongarms your stomach muscles into stopping your ribcage from collapsing into your pelvis. It sounds torturous but it's one of the best upper-ab builders around. Lie with your left leg bent, right leg straight. Hold a dumbbell in your left hand, straight up (**A**). Use your right hand to push down and raise your upper body off the ground as high as you can with the weight still above your head (**B**). Lie back down; keep holding that weight above you. Switch hands.



07

BENCH KNEE TUCK

DIFFICULTY ●●○○○

Another battle in the war between abs and gravity. Sit on the edge of a flat bench and reach back to grab the top. Extend your legs straight out in front of you without letting your feet touch down (**A**). The ground is not your friend. Bend your knees to bring them as close to your chest as you can (**B**). Try to keep your torso upright, or at least bent to 45 degrees. Slowly return. If you put your feet down now, you're only cheating yourself.



08

HANGING LEG RAISE

DIFFICULTY ●●●●●

How many Olympic gymnasts are hiding a belly beneath their team kit? Exactly. The rings here add extra instability, while reducing the gap between your pelvis and ribcage gives your abs a helpful squashing. Reach up to grab the rings with an overhand grip and hang straight beneath them (**A**). Now raise your feet by hinging at the hips until your legs are parallel to the floor (**B**). Aim to take 2-3sec to lower your legs and 1sec to raise them for the gold standard of eight-pack exercises.



HANG TOUGH

Not quite up to auditioning for Rio 2016? Hang from a pull-up bar instead

09

BENT DUMBBELL PULLOVER

DIFFICULTY ●●○○○

A two-in-one move that flexes and stretches your mid-section. Use a weight that tugs at your abs without over-taxing your arms. Rest your feet on the bench if you want to add instability. Bring the dumbbells together so they're touching and bend your elbows slightly (**A**). Lower the weights as far behind your head as you can (**B**), keeping your upper arms as close to your ears as possible. Raise them along the same path.



REACH FOR MORE

Remember, the further you stretch the more effective this is. Fight the pain

10 ALT MOUNTAIN CLIMBER

DIFFICULTY ●●○○○

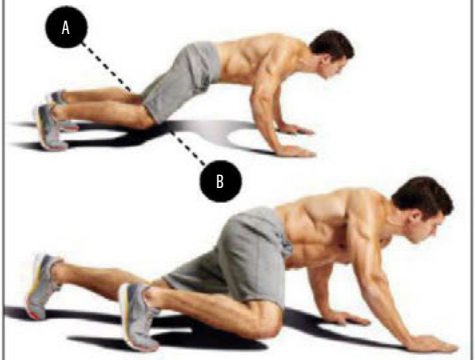
Simple yet ruthless. Try not to lock your arms (**A**). Bring each knee to the opposite elbow in turn (**B**) and alternate quickly.



11 BEAR CRAWL

DIFFICULTY ●●●○○

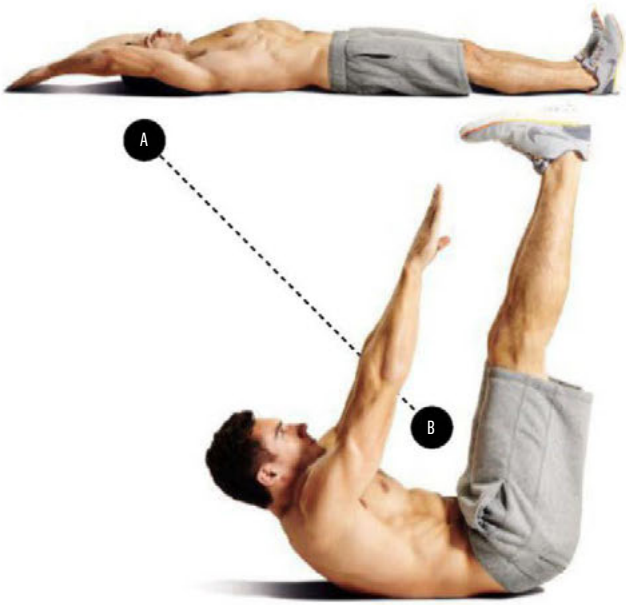
Get bestial on your abs to improve your strength on all other moves. With hands under your shoulders, lift your knees off the ground (**A**). Move hands and knees in unison to crawl 20-40m (**B**). Reverse.



12 TOE TAP

DIFFICULTY ●●○○○

Moving your arms and legs at the same time engages your core and upper back muscles to stabilise your body while in a very unstable position. Lie on the floor with your legs straight and arms extended (**A**). Raise your legs until they're almost 90 degrees to the floor. Now use your abs to lift your torso and arms off the floor as you bring your legs toward you (**B**). Touch your toes at the top of the move if you can. The better you get at this, the easier your eight-pack will come.



A SIDE EFFECT

Your abs might be the leading men of your middle, but neglect the support cast and your eight-pack won't shine. Next up, you'll hone the intercostal and serratus muscles – finger-like strips by your ribs – with moves that make you lean, or to resist doing so. Think Bruce Lee in *Enter the Dragon*

RANGE OF BENEFITS

Exaggerate even small leaning movements to build your intercostals



13 ANGLED BARBELL ROTATION

DIFFICULTY ●●●●○

Accelerating and stopping fast is down to your intercostals. Place a weight on one end of a barbell and stand it in another plate. With feet shoulder-width, clasp the barbell with your fingers interlocked. Lower the weight toward your right hip in a wide arch (**A**) turning your feet with it. Then reverse to raise the weight to your left hip (**B**). Do you want a side with those abs?

14

SINGLE-ARM SIDE LEAN

DIFFICULTY ●●○○○

Introducing an active bend ramps up the impact on your intercostal muscles, which frame your upper abs. With your feet shoulder-width apart, hold a weight plate in your left hand. Keep your chest high and shoulders back. Bend to the left, as far as you can, but keep your back straight (**A**). Pause for a beat, rise up and lean to the right (**B**). Complete all your reps on one side then swap hands and repeat.

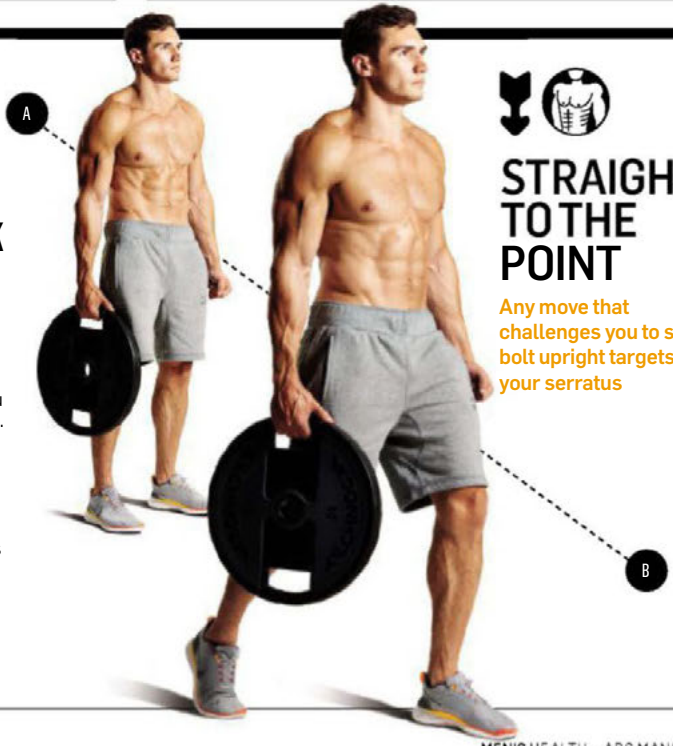


15

SINGLE-ARM FARMER'S WALK

DIFFICULTY ●●○○○

Unilateral loads – that's gym speak for carrying a weight in one hand – force the smaller six-pack muscles to keep your shoulders aligned. That you don't snap in half is a bonus. Grab a weight plate in your right hand (**A**), then walk normally with your chest high, chin up and back straight (**B**). Continue for 30-45sec then switch arms and repeat. Your new crop of upper-body muscle has been sown.



STRAIGHT TO THE POINT

Any move that challenges you to stay bolt upright targets your serratus

16

SIDE PLANK

DIFFICULTY ●●○○○

Stabilising your hips and ribcage in this position demands maximum contraction of your core, and the serratus in particular. That sounds complicated but it's a simple way to use your new midriff playmakers. Start in a plank position (**A**) then shift your weight onto your left arm as you roll over to the side. Place your right foot on top of the left and keep your legs straight so your body remains diagonal (**B**). Perform for a minute on each side and do not ever allow your hips to sag.

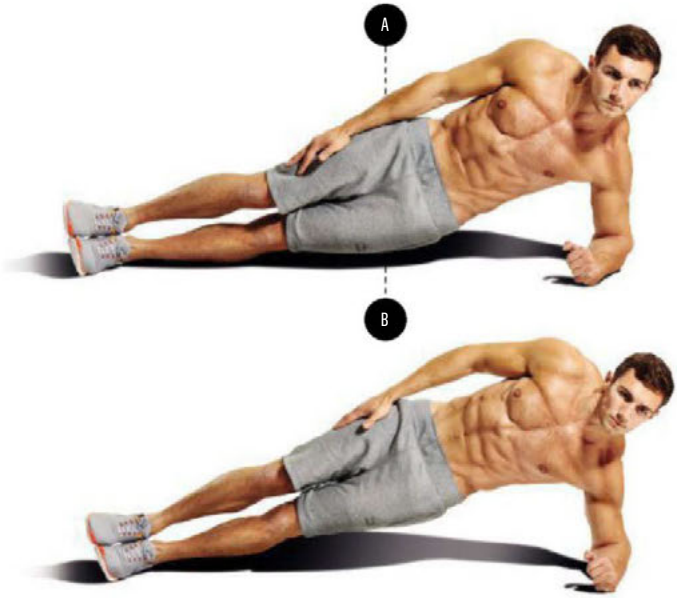


17

SIDE PLANK AND HIP LIFT

DIFFICULTY ●●●○○

By adding in an extra "up and down" effect, this movement zeroes in right on your ribcage. Assume the side plank position, as before. Now drop your hips toward the ground while keeping your upper body stable and ribcage still (**A**). Just before your hip is about to touch the ground, raise it back up sharply (**B**). It might all feel a bit *Body Beat* but we're pretty sure even the guy on that old show had a decent set of abs.

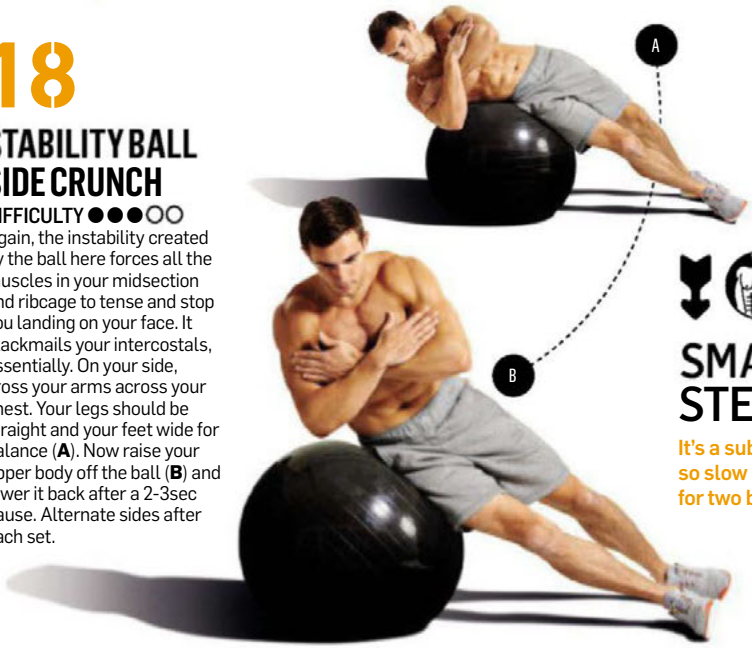


18

STABILITY BALL SIDE CRUNCH

DIFFICULTY ●●●○○

Again, the instability created by the ball here forces all the muscles in your midsection and ribcage to tense and stop you landing on your face. It blackmails your intercostals, essentially. On your side, cross your arms across your chest. Your legs should be straight and your feet wide for balance (**A**). Now raise your upper body off the ball (**B**) and lower it back after a 2-3sec pause. Alternate sides after each set.



SMALL STEPS

It's a subtle motion, so slow it down and hold for two beats at the top

19

LATERAL HOLD

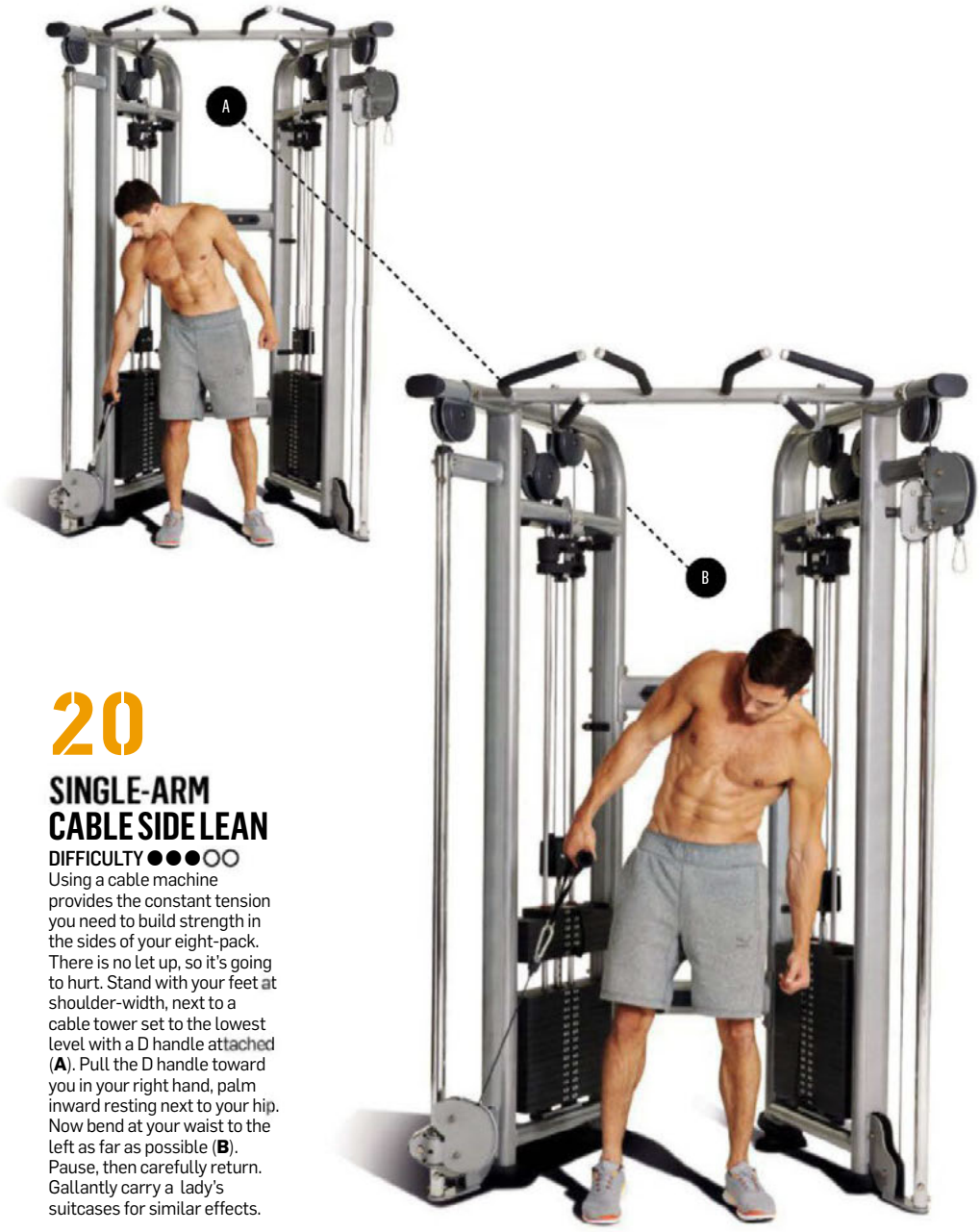
DIFFICULTY ●●●●●

Working in this position eliminates any risk of your stronger oblique muscles "helping out". Sorry about that. Position yourself on a flat bench with your feet hooked underneath. Now twist your upper body to the side while keeping your left leg straight and your right leg slightly bent (**A**). Raise your torso off the bench so you're in a side plank pose (**B**). Hold for as long as you can, switch sides, then repeat.



TRUST YOUR GUT

The height to which you can rise is individual. Don't push past 'comfortable'



20

SINGLE-ARM CABLE SIDE LEAN

DIFFICULTY ●●●○○

Using a cable machine provides the constant tension you need to build strength in the sides of your eight-pack. There is no let up, so it's going to hurt. Stand with your feet at shoulder-width, next to a cable tower set to the lowest level with a D handle attached (**A**). Pull the D handle toward you in your right hand, palm inward resting next to your hip. Now bend at your waist to the left as far as possible (**B**). Pause, then carefully return. Gallantly carry a lady's suitcases for similar effects.

NOW BUST YOUR GUT

The lower four abs are the hardest to target. Sit-ups compress your core, leading to growth, but for balanced results you need to stretch. Yes, it's a bugger, but if it was easy we'd all have eight-packs. Time to stand out



21

OLYMPIC RING FALL OUT

DIFFICULTY ●●●●●

This advanced move is one of the most powerful lower-ab builders in the gym. You'll win kudos just for trying it. Set the handles at waist level (**A**). Stand with your feet together and lean into an incline push-up position, extending your shoulders to raise your arms overhead (**B**). Keep your body straight; your shoulders should be the only joints moving. Pause, then reverse.

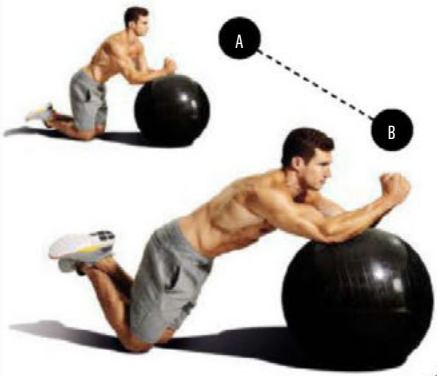
EXTREME DEFINITION

Bigger stretches require more rigidity. Stay strong and hang in there

22 BALL ROLL-OUT

DIFFICULTY ●●●○○

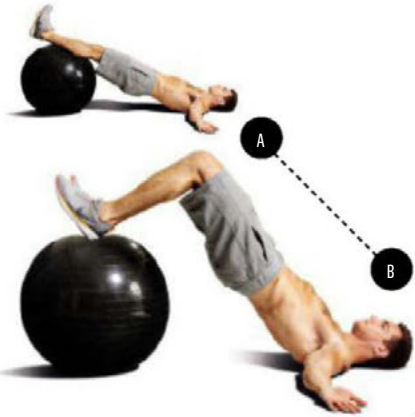
This move elongates your abs to the max; the only limit is your tolerance for pain. Forearms on the ball (**A**), roll forward slowly, without letting your hips sag (**B**). Pause for 2sec and reverse.



23 GLUTE BRIDGE

DIFFICULTY ●●●○○

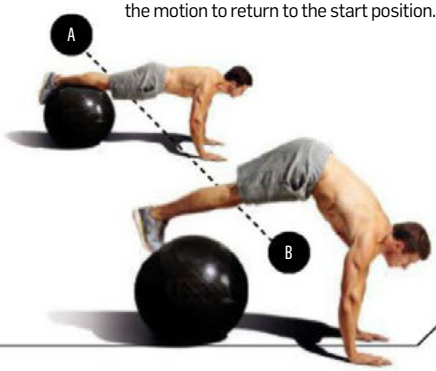
Hang on to that stability ball; you're far from done with it. Lie with your arms in a T, body straight (**A**). Use your abs and glutes to roll the ball towards you (**B**). Pause, straighten out. That's the bridge crossed off.



24 STABILITY BALL PIKE

DIFFICULTY ●●●●○

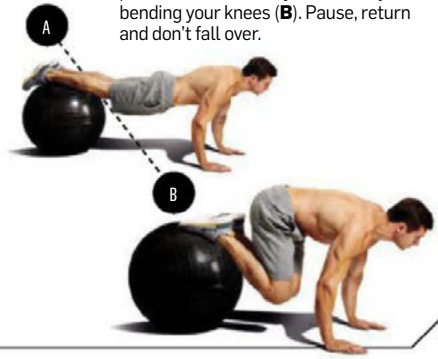
This upgraded pike requires you to keep your body in a fixed position while your legs move. Your lower abs are stretched as well as flexed in the process. Assume a puish-up position with straight arms and rest your shins on top of a stability ball so your body forms a straight line from shoulders to ankles (**A**). Without bending your knees, roll the ball towards you by hinging at the hips (**B**). Reverse the motion to return to the start position.



25 ELEVATED KNEE TUCK

DIFFICULTY ●●○○○

When your lower body is stretched out in this position it demands strength specifically from your lower abs to get the ball rolling (literally). In a push-up position, place your shins on a stability ball. Your body should form a straight line from your ankles to head (**A**). Without rounding your lower back, contract your abs and use your feet to pull the ball towards your chest by bending your knees (**B**). Pause, return and don't fall over.



26

STIR-THE-POT

DIFFICULTY ●●●○○

The circular motion throws you off balance, recruiting your entire core for stability and allowing you to focus in on the four bottom abs. Kneel in front of a ball and rest your forearms shoulder-width apart (**A**). Take a deep breath, tense your abs and make small circles to the right with your forearms, just as if – you guessed it – you were stirring a pot (**B**). We don't make these names up, you know.



FIND YOUR SWEET SPOT

For greater tension than a penalty shootout, rotate until your core 'squeezes'

27

LEG LOWERING

DIFFICULTY ●●○○○

This is another move you can do anywhere, from park to hotel room. All you need is the space to lie down. Stretch out on the floor with your legs straight and fingers interlocked behind your head; don't lock your knees out. Raise your legs until they're at 90 degrees to the ground (**A**). Now fight the urge to drop them and lower with control over a count of 2-3sec (**B**). Fire back up quickly.



GO SLOW, GROW FAST

Speed isn't your goal here. The slower you lower, the harder your abs work

28

HALF-KNEELING ROPE PRESS

DIFFICULTY ●●○○○

Extending your arms upwards forces your abs to prevent your body from being pulled back. It's a one-two gut punch to your lower abs. Set a rope low on a cable crossover. Drop onto one knee (yes, you will look like a *Game of Thrones* extra) and grab an end of the rope attachment in each hand, elbows bent (**A**). Straighten your arms to press the ropes up overhead (**B**). Slowly lower to the start. Arise, Sir Abdominis.

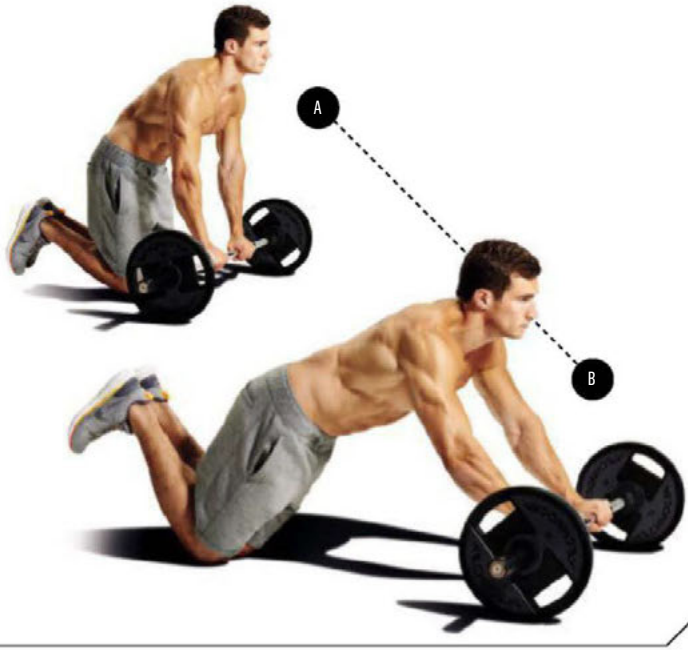


29

BARBELL ROLL-OUT

DIFFICULTY ●●●○○

The end of this move stretches your abs to their (metaphorical) breaking point, before they contract to pull you back to the start. It tests your lower abs through multiple stages. Kneel to grab a barbell with both hands (**A**). Slowly roll the bar forward, extending your body as far as you can without letting your hips sag (**B**). Keep going until you can only just hold the stretch, pause for 2sec, then roll it right back again.



30 ARM WALK-OUT

DIFFICULTY ●●○○○

If all those roll-outs felt like a push too far, this is a great way to build strength in your lower core before attempting them again. Gradually walking your hands out lets you stretch as far as feels comfortable while still activating plenty of abdominal muscle. Start on all fours with your feet and hands shoulder-width apart and backside in the air (**A**). Walk your hands forward. Your hips should shift forward as you do this. Keep going until your abs are a few inches above the ground (**B**), grimace, then reverse the motion.



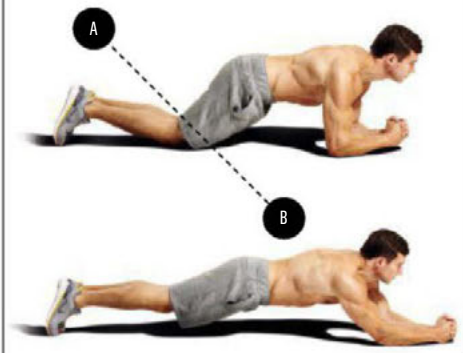
WALK, DON'T RUN

Take small steps with your hands to hit your abs, not your upper body

31 LONG PLANK

DIFFICULTY ●●●○○

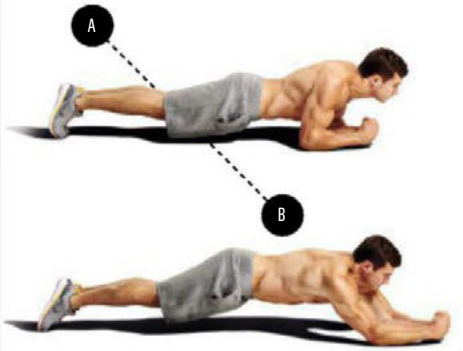
Start in a regular plank, knees on the floor (**A**). Don't get too used to it. Move your forearms further forward, lift your knees and hold (**B**). This adjustment provides all the ab-lengthening you're after.



32 BODYSAW

DIFFICULTY ●●●●○

This time you're stretching your legs away from you. Use your elbows to pull forward (**A**), then push back (**B**). Keep on sawing to carve that eight-pack. Mid-range effort never won elite definition.



A LEAN FINISH

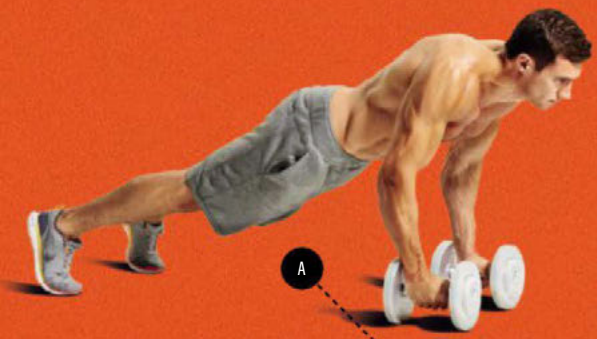
Complete the eight-pack look by targeting your bits on the side: the obliques. But there's more to these moves than just blitzing your love handles; they will protect your back from injury too. To start strengthening yours, just stick with these twists

33

RENEGADE ROW

DIFFICULTY ●●●●○

The ultimate beach body move, this row builds your back and arms to carve a V-shape while your abs and obliques fight to stablise your body. Yes, it's meant to be tough. Grab two dumbbells and drop into a push-up position. Don't let your hips sag (**A**). Pull one weight to your chest (**B**), hold and return. Alternate sides with each rep.



DON'T TURN AROUND

Keeping your body straight when thrown off-balance helps define your obliques



34

WEIGHT PLATE DIAGONAL CHOP

DIFFICULTY ●●●○○

Similar to the cable chop, but with less restriction, this puts your obliques through a greater range of movement. Hold the plate at your chest, dip your knees and tense your abs. Lift the plate up to the right, like you're raising an axe (**A**). Explode diagonally across the body, twisting left (**B**) until the plate is in line with your knee. Reverse to assault your other side equally.

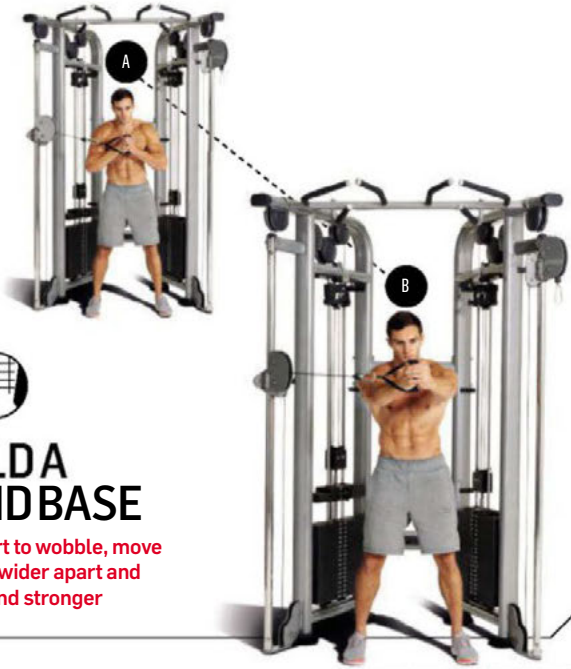


35

PALLOF PRESS

DIFFICULTY ●●●○○

This move, invented by physical therapist John Pallof, trains your core to resist movement, making you stronger on the ball and in the tackle. Stand an arm's length away from the cable crossover tower, clutching a D handle to your chest with both hands (**A**). It should be set at shoulder height. Straighten your arms to press the handle away from your chest against the resistance (**B**). Do both sides and make sure you maintain the tension on the cable at all times.





BUILD A SOLID BASE

If you start to wobble, move your feet wider apart and you'll stand stronger

36

LOW-HIGH CABLE CHOP

DIFFICULTY ●●●○○

Pretend you're starting a really heavy lawnmower. This pulling move challenges your centre of balance for more pronounced contractions in the obliques. Attach a rope handle to a low-pulley and stand with feet just past shoulder-width (**A**). Keep your arms locked as you pull the handle across your body to your left shoulder (**B**). Reverse the motion and finish your reps before switching sides. Your mower won't know what hit it.



37

HIGH-LOW CABLE CHOP

DIFFICULTY ●●●○○

This time, you're hacking at wood. The high-to-low motion hits your obliques across their whole rotational plane to build strength, as well as mirror muscle. Attach the rope to a high pulley and set up as before (**A**). With your arms straight, bend your knees as you pull the handle down across your body until your hands reach the top of your lower leg (**B**). Reverse the motion, finish your chosen reps and switch sides. Plaid shirt entirely optional.





38

ONE-ARM PLANK

DIFFICULTY ●○○○○

Another simple way to tweak the plank, this time forcing you to work statically to activate your obliques. Set up with your legs straight and feet together, rising onto your forearms and toes so your body forms a straight line (**A**). Now you're planking. This time, raise your right hand and hold it at shoulder level for the duration of the exercise (**B**). Swap arms each attempt so you stay fresh.

STRAIGHTEN OUT YOUR CORE

Don't let your hips dip. Staying dead level further strains your obliques



39

MEDICINE BALL TIGHT ROTATION

DIFFICULTY ●●○○○

Speed kills love handles. The fast-paced reps of this move force your core to contract extra hard to hold your upper body stable, and there's not a moment when they're not activated. Stand with your feet shoulder-width apart and hold a medicine ball in both hands in front of your chest. Keep your arms slightly bent. Without moving your back, rotate right to 2 o'clock (**A**), then left to 10 o'clock (**B**) and back again. Keep repeating this as fast as you can. And hold on!



40

CABLE TIGHT ROTATION

DIFFICULTY ●●●○○

Finally, double down on that twisting. Here your obliques are tasked with starting and stopping the movement. Stand to the left of the tower with the D handle set to chest height. Grab it and extend your elbows so the handle is away from your body at the 3 o'clock position (**A**). Rotate to 9 o'clock (**B**), then release to the start. Do all your reps, swap sides and twist again. It's hungry work, so turn the page to find out what you need to fuel yourself.



TIGHTEN UP TO TRIM DOWN

Don't swing as far as you did for the chops. Constant tension is your aim here

DEFINED DINING

Reward yourself and reveal your abs at the same time. This eating plan by sports nutritionist Ben Coomber combines the strongest nutritional chisels to carve out your core, without taking a chunk of flavour from your day



BREAKFAST

If you want to make an 8-pack, you've got to break some eggs. Six in an omelette with peppers cooked in coconut oil will do it

41 EGGS
As well as the protein you need for ab growth, eggs burn more kilojoules to digest than carbs, so you're tucking into body fat for breakfast, not bread. Crack them, with one hand, and mix.

42 GREEN TEA
A cuppa won't cut it if you want to construct a solid core. Green tea has the metabolism-boosting benefits of coffee but without the spike and slump or your heart beating like crazy.

43 ORANGE PEEL
Green tea not to your taste? Add a twist of orange peel. Apart from a kick of citrus flavour, the pectin contained in the skin has been found to curb your appetite for up to four hours.

44 ORANGE
Eat the inside of the fruit after your omelette. If you need a reason, men with a diet high in vitamin C burn up to 25% more fat during exercise, according to an Arizona State University study.

45 RED PEPPER
If you like, throw in a little extra vitamin C, without jacking up on sugar. Peppers pack more ascorbic acid than oranges but be sure to keep them crunchy – over-cooking wilts their effects.

46 MACKEREL
You already know omega-3s are a good thing. But by regulating energy, upping lean muscle mass and boosting the motivation centres in your brain, they're still ideal for ab building.



LUNCH

Throw these foods in a salad to feel tighter around your core, without being nutrient-deprived and hungry by 2pm

49 CUCUMBER
Another straight-up hunger buster. While its being a "negative kilojoule" food is a myth, the very high fibre and water content in cucumber regulates the release of energy from other foods.

47 BRAZIL NUTS
Selenium supports the function of your thyroid and plays a key role in keeping your metabolism high. A handful of brazil nuts contains as much as 10 times your RDA. Which, it's fair to say, is enough.

48 MIXED PEPPERS
Peppers are a low-kilojoule way to bulk out your lunch. Visual cues have been shown to have a direct effect upon satiety, so a bigger bowl of salad will keep you honest.

50 GREEN TEA
Yes, another cup, but there is method to the repetition. A Japanese study states that regular consumption boosts your exercise capacity by at least 8% and even up to 25%. Thirsty now?

SNACKS

Grow on the go. Delicious, easy options optimised to carve the finer detail into your torso without you having to even think about it



55 DRUMSTICKS
These are high in protein (8g), low in kilojoules (297kJ) and extremely low in carbohydrates (0.0g). Eat two when you feel you simply have to sink your teeth into something.



56 ZMA
Researchers from Western Washington University found 8 weeks of ZMA pills before bed ups your testosterone and lean muscle mass. Pop two 30min before you hit the sack.



57 MIXED BERRIES
Add them to shakes to make nutrient-dense smoothies. Or to top Greek yoghurt. Either way, the little sucrose hit they give you is enough to stop you splurging.



58 WHEY PROTEIN
Your 8-pack is made of muscle, and it needs protein. Have one shake with milk after abs sessions – the calcium gives you a fat-burning kick.



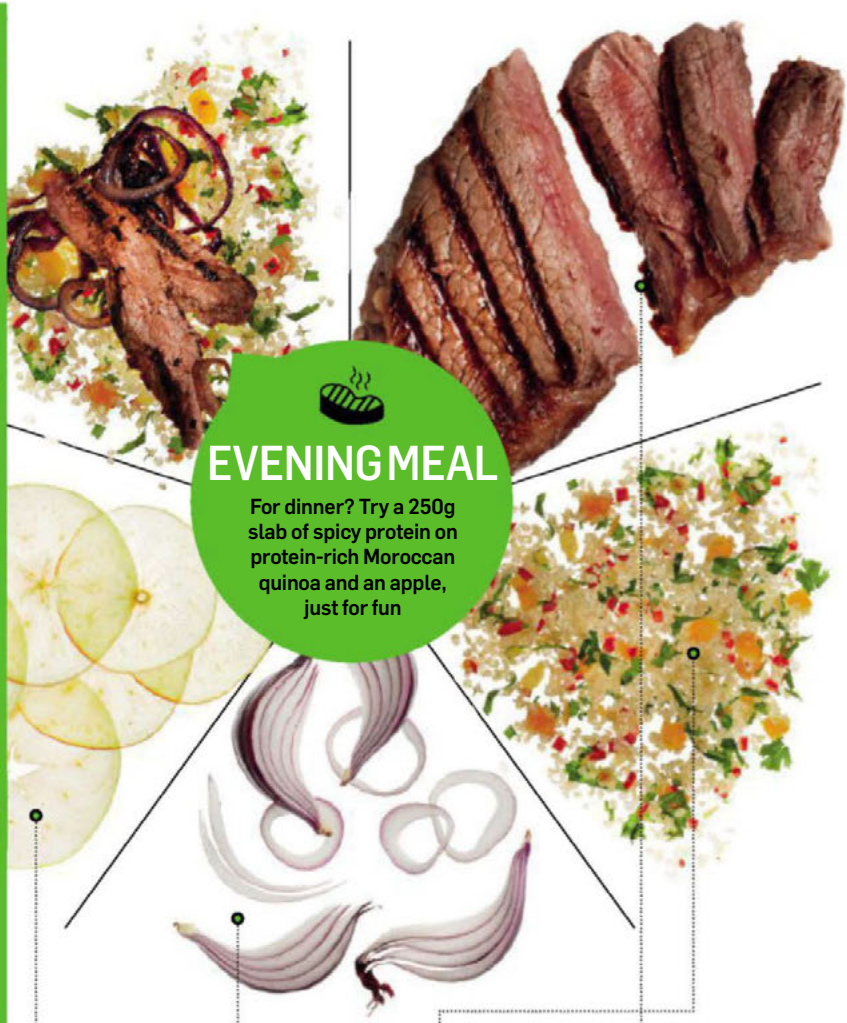
59 CARROTS
Carrots are to crisps as abs are to beer bellies. Swap your afternoon crunch for two carrots or half a bag of sticks to cut kilojoules without sacrificing your snacking.



60 HUMMUS
A solid dose of midday energy that kills sugar cravings for the rest of your working day.



61 FISH OIL
"Inflammation" means painful swelling after exercise, so take three of these anti-inflammatories with meals to keep your 8-pack in one piece.



EVENING MEAL

For dinner? Try a 250g slab of spicy protein on protein-rich Moroccan quinoa and an apple, just for fun

51 APPLE
It may not quite keep the doctor away, but it will certainly keep your hand out of the biscuit tin. The ursolic acid in apple skin was found by the University of Iowa to limit weight gain, while the fibre prevents an energy crash before bed.

52 RED ONION
The highest source of quercetin – an anti-inflammatory that will reduce how sore your abs are tomorrow morning. Just don't over-peel it. The darker outer layers pack up to 75% of the quercetin your sore core is crying out for.

53 QUINOA
The new base of your ab-revealing dinners. Quinoa is as close to a protein as a carb-a-like can get and contains zinc, magnesium, potassium, iron, calcium and copper. Let's be honest, starchy ol' pasta doesn't compare.

54 LEAN BEEF
The bigger your abdominals, the less body fat you have to burn to show them off. Beef is the top food source of creatine, which boosts muscle repair overnight. Keep it rare, though, to get the full load of creatine on offer.

YOUR DIY AB PLANS

You have all the tools necessary to build scene-stealing abs. You just need to apply a little structure. Use our workout grids to construct your own bespoke programme using the moves in this manual and make a start on your 8-pack today



30 MINUTES

THE *AMERICAN PSYCHO* WORKOUT

For the true perfectionist (we almost said narcissist) this is the plan. Select your exercises from the sections specified below to create killer quad sets and work your eight-pack in all directions.
Do 2-3 sets of 15-20 reps for each with 60sec rest.

TARGET	SET 1	SET 2	SET 3
UPPER ABS	MOVE NAME HERE ✓	MOVE NAME HERE ✓	MOVE NAME HERE ✓
OBLIQUES			
INTERCOSTAL			
LOWER ABS			
OBLIQUES			
LOWER ABS			
INTERCOSTAL			
UPPER ABS			
LOWER ABS			
OBLIQUES			
UPPER ABS			
INTERCOSTAL			
INTERCOSTAL			
OBLIQUES			
UPPER ABS			
LOWER ABS			

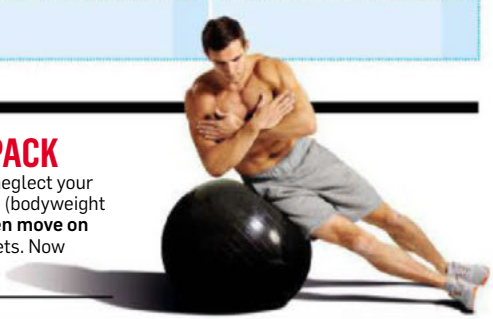


20 MINUTES

EVERYMAN'S AB CHALLENGE

To really make each muscle visible, you need to hit them from every angle. But it needn't take long. Select moves in pairs following the guide below to create supersets that fatigue your entire core. **Perform 3 sets of 15-20 for each pair, with 60sec between each.** Easy, right?

TARGET	SET 1	SET 2	SET 3
UPPER ABS	MOVE NAME HERE ✓	MOVE NAME HERE ✓	MOVE NAME HERE ✓
INTERCOSTAL			
LOWER ABS			
OBLIQUES			
INTERCOSTAL			
LOWER ABS			
OBLIQUES			
UPPER ABS			



10 MINUTES

THE ZERO-EXCUSE 8-PACK

Your 3pm meeting is no reason to neglect your abs. Pick a move from each section (bodyweight moves are quickest), **do 3 sets, then move on to the next.** Rest 90sec between sets. Now get outta there.

TARGET	SET 1	SET 2	SET 3
INTERCOSTAL	MOVE NAME HERE ✓	MOVE NAME HERE ✓	MOVE NAME HERE ✓
LOWER ABS			
OBLIQUES			
UPPER ABS			


OAKLEY